

SCIATICA

PHYSICAL BLOCK

Sciatica is an acute condition that manifests as radiating pain from the back, either into the buttock and/or the lower extremities. This nerve is the largest nerve in the human body, extending from the lumbar region of the spine, crossing the buttock, thigh and leg and ending in the foot. The onset of sciatica is brutal, marked by burning, tingling, or stabbing pain anywhere along the path of the nerve. It is caused by inflammation of the sciatic nerve. Most sciatic pain occurs down one side of the body, but it's possible to be affected in both legs.

EMOTIONAL BLOCK

Sciatica may be experienced when you are insecure about your future or when you have an unconscious fear of lack of material abundance. I emphasize unconscious because, in my observation, sciatica is especially common in those who are materially and financially comfortable, but would have a difficult time if it were lost.

Sciatica, therefore, is located in the body at the level of having. You are probably not consciously aware of your fear of lack because you don't think of yourself as attached to material things. Acknowledging this would make you feel guilty because you believe it is not spiritual to love earthly possessions. Your guilt, however, impedes your progress and prevents you from taking a leap, plunging into life head-on and taking risks. Your life has become too dull, unlike the pain in your leg.

Sciatica also indicates that there is a grudge you've carried, aggression you've repressed and a refusal to submit to someone or to an idea in relation to the material aspect of your life.

MENTAL BLOCK

By experiencing sciatica, your body is giving you a signal that your way of thinking is a pain and is causing you distress; it's really getting on your nerves. Pain always indicates guilt; therefore what are you punishing yourself for? What do you feel guilty about? The degree of intensity of the pain reflects the degree of punishment you feel you deserve. Acknowledge and accept that you are attached to material things and do it without guilt or self-depreciation. Admit your fear of losing these things and be honest with yourself. If risk taking is beyond your limitations, acknowledge that too, and accept it as your current state of affairs. Make a personal decision to move forward when you feel ready to do so.

It's critical that you stop believing it's ignoble to love earthly possessions. At some point, you'll be confident enough in your ability to create all that you need when you need it, that you'll no longer be afraid of losing your things and will be able to allow yourself to love them while remaining detached from them. Regarding any grudge or bitterness you may be harboring, refer to the steps to true forgiveness at the back of the book. By following these steps, you will liberate yourself from the impression that you must submit to others.

SPIRITUAL BLOCK AND CONCLUSION

To uncover the spiritual block that keeps you from responding to the needs of your BEING, refer to the 'KEY QUESTIONS' at the back of this book. In answering these questions, you will come in touch more easily and accurately with the true cause of your physical problem.