

other emotional, behavioral, or intellectual disturbances. See PSYCHOSIS.

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. The sciatic 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. Sciatica is caused by inflammation of the sciatic nerve, and its onset is brutal, marked by burning, tingling, or stabbing pain anywhere along the path of the 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 if you are insecure about your future or 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 that 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 your attachment would make you feel guilty because you believe it is

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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 you are carrying a grudge, repressing aggression, or refusing to submit to someone or to an idea in relation to the material aspect of your life.

MENTAL BLOCK

If you are 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. Be honest with yourself and admit your fear of losing these things. 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 fol-

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lowing 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.

SCLERODERMA

Scleroderma is a widespread connective tissue disease. It causes the skin and other body parts to slowly degenerate, thicken, and stiffen, hampering flexibility. Skin may appear shiny on the hands and forearms. When it occurs on the face, the eyelids are retracted and the mouth is reduced to a thin line. As it spreads throughout the body, it encloses it in an armor-like casing. *Sclera* means hardening, *derma* means skin.

Your body is telling you to stop wanting to withdraw and hide. On a psychological level, you have become so hardened and desensitized that you cut yourself off from your own feelings. You want to give the impression that you're a hard person, but the soft and gentle part of you wants to be expressed. Stop being so hard on yourself and let go of your need to control yourself. See SKIN DISORDERS and MULTIPLE SCLEROSIS.

SCOLIOSIS

Scoliosis is a condition in which the spine is bent to one side. It can occur in infants and children, but typically develops during adolescence. The curve of the spine may vary from a C-shaped to an S-shaped pattern.

Metaphysically, scoliosis indicates a lack of faith in your own inner strength and ability to make decisions. You lean too much to one side. See BACK PAIN.

SCURVY

PHYSICAL BLOCK

Scurvy is a disease resulting from a vitamin C deficiency and is marked by spongy and bleeding gums, bleeding under the skin, muscular pain, skin lesions, cold sores, spontaneous tooth loss and extreme weakness and fatigue. The immune system is severely compromised.

EMOTIONAL BLOCK

Any physical deficiency has an underlying emotional deficiency. Scurvy is a message from the body that you've become too emotionally dependent on others. In order to feel loved, you need others' attention, care and love. It's rare for you to do what needs to be done in order to realize your own dreams. Learn, instead, to plant your own garden, to shower yourself with love, to treat yourself like

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someone you care about. Any love you receive from others is icing on the cake.

MENTAL BLOCK

Scurvy indicates that it is vital for you to change your belief system. You have all the tools you need to build a satisfying life. First of all, get back in touch with what you want out of life and make the decision to go after it. Take concrete steps, one at a time, in the direction of your heart's desire. This doesn't prevent you from asking help from others, but learn to make your own decisions. A self-sufficient person is not necessarily someone who does everything themselves; they are, however, able to make up their own minds and when someone refuses to help, they do not collapse. Instead, they take another route to their destination.

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SEASICKNESS

See MOTION SICKNESS.

SENILE DEMENTIA

A number of different factors can contribute to the development of *dementia*. Dementia means a loss of mental functioning. Alzheimer's disease is only one type of dementia. It is, however, the most common cause of dementia. Dementia and Alzheimer's disease are not the same as 'senility.' Senility is really just the term used to refer to the mild slowing down of mental functioning, decreased memory and reduced concentration that happens to most of us as we get older. See ALZHEIMER'S.

SEPSIS

Sepsis can occur when we have a severe infection. The infection may start in any part of the body, but usually starts with *pneumonia*, or a *urinary infection*. Sepsis can also occur after an abdominal infection such as *appendicitis*. As the infection worsens, bacteria may enter the bloodstream. When this happens, toxins produced by the bacteria can affect the blood vessels, causing severe low blood pressure. This is known as septic shock, and is a medical emergency. If not treated, septic shock will lead to death.

Metaphysically, sepsis indicates an obsession about something that is poisoning you psychologically. The body is sending an urgent message that you follow the steps to true forgiveness at the back of the book. Refer to FEVER and BLOOD DISORDERS.

SEXUALLY TRANSMITTED DISEASES

See VENEREAL DISEASE.

SHINGLES

PHYSICAL BLOCK

Shingles, or *herpes zoster*, is an acute viral infection of the central nervous system that affects certain areas of the skin. It is the same virus that causes chicken pox. It is characterized by inflammation of the sensory ganglia; the skin area becomes very sensitive and small blisters begin to erupt that crust and hurt along the path of a nerve so that the reddened outbreak affects a strip of skin, forming a line. It occurs most often over the ribs in the thoracic area and is usually limited to one side.

EMOTIONAL AND MENTAL BLOCK

See SKIN DISORDERS and add that *shingles* indicates a great deal of anger about a current situation or a specific individual. You feel you need to grovel and that you cannot live as you wish. There is an underlying bitterness and what is going on really burns you, but your fear surrounding this issue is stopping you from facing it.

As this disease is affecting your central nervous system, it is an urgent message from your body that you are being increasingly affected by your perception of this situation. Forgiveness is appropriate and fundamental to your heal-

ing. Refer to the steps to true forgiveness at the back of the book.

SHOULDER BLADE PROBLEMS

The *shoulder blade* or *scapula* is a large flat bone linking the SHOULDER, the COLLARBONE and the ARM. Since pain in the shoulder blade affects all three, refer to the pertinent listing of the area most affected for corresponding metaphysical implications. See also BONE DISORDERS.

SHOULDER PROBLEMS

PHYSICAL BLOCK

The *shoulder* joint links the arm to the trunk and is a complex structure designed for ultimate motility and flexibility. It is capable of moving in all directions with great precision. Pain in the shoulder joint can vary from mild discomfort to intense, correlating with its degree of metaphysical manifestation. For a fracture, see ACCIDENT.

EMOTIONAL BLOCK

Shoulder pain signifies a feeling of being emotionally burdened. You have “the weight of the world on your shoulders.” You want to do too much for others, so prevent yourself from doing what *you* want because of that inner obligation to them. In focusing on keeping others happy, you fail to reach out and grasp your own happi-

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ness. You have tremendous capacity for working hard. Your body isn't telling you to stop doing so much, but to do it out of love instead of obligation. If you have difficulty moving your arms, you may be apprehensive about embracing a person or a new situation.

MENTAL BLOCK

Shoulder pain is a message that you are overburdening yourself for no real reason; you are taking on burdens that do not belong to you. Liberate yourself by allowing others to live their own lives and make their own mistakes - they'll learn something! Did you ever promise them that you would do all this for them? Or do you believe that it all falls on your shoulders automatically?

It is time to establish your limitations and personal needs and take on your shoulders only what corresponds to what you want for yourself. Take care of yourself as if you were someone you cared about. Understand that you alone put pressure on yourself; others will respect your needs when you learn to respect them yourself. Allow yourself to be flexible, embrace anyone or anything you want, and let go of your belief that the consequences will be harsh.

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