

# DIANE GOLDNER

energy healer & medical intuitive

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## ask diane

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My problem is physical. How could there be a deeper level to it? And how would I know what the root issue is?

In most cases, whether we understand it or not, there are underlying reasons for the things that happen to us. If we just look at what's manifest, we only see half the picture, at best.

This is fine until we have aches and pains we can't resolve. Then it's time to look more closely. The benefits can be life changing. We can heal our body. But we also heal our life.

Have you ever known someone with back pain who goes for one adjustment after another, yet the pain is still there? Or someone who takes remedy after remedy and still has stomach pain? You can be sure that there is an underlying issue in each of these cases. Often, with chronic illness, there can be a whole knot of interrelated issues.

The true causes of illness are so much more amazing than simple biology. Intestinal pain might be the result of difficult emotions in our childhood that we weren't ready to process. Neck pain might come from an excess force of will, which cuts off our ability to be relaxed, enjoy and go with the highest flow.

As soon as we get in touch with the underlying issues, a layer of pain--or the entire problem--can resolve. We no longer have to express unconscious pain through our bodies.

Sometimes the underlying issue is very simple. For instance, just recently I laid hands on a friend who woke up with a very stiff neck and shoulder. In twenty minutes she got in touch with the various worries and burdens she had placed on herself. Then, to her amazement, she could once again freely move her head and neck.

The pain is always there for a reason. Our soul wants the best for us. It uses our body as a messenger to get our attention. When we listen to our body, obstacles in life can be resolved along with the physical pain. Our whole life can unfold in a higher way.