

## ask diane

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### How can I heal a chronic condition such as a recurring headache?

Chronic conditions such as recurring headaches typically involve a nexus of issues. This is the reason they usually can take a long time to heal. I know this from personal experience.

It took many years to unravel my own chronic migraine headaches and all of the underlying issues. But it led to a dramatic healing of my entire life.

Generally speaking, with a chronic condition there is a vibration in the energy field that is coiled up. This lack of flow is related to information that has been repressed and needs to come into the light.

Each type of chronic illness has its own nexus of issues. With headaches, there is generally a knot in the solar plexus, and often in the neck and temples. There are unresolved relationship issues that must be teased out and processed. Typically there is fear around what we have been unwilling or unable to see.

With a chronic illness such as irritable bowel syndrome there may be boundary issues and emotions that we can't accept or digest.

The key to healing a chronic problem is time and perseverance. It can seem like you are running a marathon, and the finish line isn't even visible.

To heal we must go step by step. Always notice where you have tension in your body and in your breath and set an intention to release it. Also delve into the underlying issues that maybe causing the tension.

Fortunately, the chronic condition itself is an invaluable form of guidance. When it flares up, our body is often letting us know that something has happened that we must address. Each recurrence, as painful as it may be, is an opportunity for further healing.