

## case studies

### June 2012 Healing 1.0: Body Symbology An Injured Leg

Most of the time we think the accidents that come to us are simply bad luck. But often there is deep meaning.

Take the case of Sam. He had shattered his arm and leg in a motorcycle accident a dozen years before he showed up in my office. The arm had healed, but he still had terrible pain in his leg.

As I ran energy, his leg began to talk to me, revealing that Sam's difficulty walking was related to his fear of moving forward. His motorcycle brakes had locked, preventing him from moving forward. As a result he flew over the handlebars.

The accident happened the night Sam was writing his medical school applications. Because of the injury and ongoing pain, he chose to get a PhD in physiology instead of going to medical school.

As I worked, I could feel Sam's wistfulness. "You know, it's not too late to go to medical school," I said.

"I'm forty but I still think about it," he replied.

We talked about the ways that he could make it happen. "Sometimes, people are slow cooked," I told him. "You know how things can take on a richness that way."

His leg had one other message. It didn't like the rod holding the bones in place.

"It helped in the initial healing because the bones were in so many pieces," he told me. "But maybe because my bones never had to bear their full weight, they didn't heal completely. I'll have to think about it."

Sam had made some progress. Only time will tell how things will end up. But understanding the body symbology can open the door to immense healing.