

A MindBody Approach to Cold & Flu Season

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“The greatest discovery of any generation is that human beings can alter their lives by altering their attitudes of mind” Albert Schweitzer

In our modern society we have gotten away from taking the time to listen to our bodies. Many tend to ignore symptoms until they are too significant to be overlooked. Metaphysicians (a branch of philosophy that looks beyond the physical) believe that all physical problems have non-physical origins, and that our thoughts and attitudes determine the quality of our health and lives. When you cannot or do not express what is happening on an emotional or psychological level, these feelings become embodied – taken deeper within yourself – until they manifest through the physical body. As stressful emotions build up, they eventually will find the weakest point to “escape” ie. via the digestive, nervous, immune systems or depression, anxiety, insomnia. By understanding what the different body parts represent, and how thought patterns can manifest, we can better understand our bodies and the origins of health problems.

“When illness is seen as a learning experience, an opportunity to deepen your relationship with yourself, healing is possible” Deb Shapiro



By learning the mindbody language you can discover what is being repressed or ignored in your psyche and the effect this is having on your physical body. Discovering your own mindbody signals means paying attention to your body’s communication. Listening to your intuition, your feelings, and your body is a gentle process of opening into awareness. Patience is required in this listening process. Mindfulness or paying attention means noticing - without comment, judgment, criticism or guilt.

Here are some examples of mindbody interpretations relating to the winter infection season.

Infection means ‘to allow something in that affects you’. It may represent someone or something weakening your ability to protect or defend yourself. What or who is causing you to lose your balance or tolerance?

Inflammation occurs when the immune system is trying to fight off an invading harmful substance. It suggests you may feel angry, fired up or have an internal battle of beliefs or feelings waging within. Colds typically occur when you are exposed to the virus AND have low resistance due to stress or emotional issues. Mucus from a runny nose and tears from watery eyes are both ways of releasing repressed or pent up emotions.

Influenza means ‘to come under the influence of’ implying that someone or something is having a strong influence on you, affecting your sense of self and purpose.

Ears infections imply that what your hearing is affecting you deeply creating anger, or that someone is not listening to you.

Sore throats & tonsillitis can relate to feeling upset and not being able to voice your feelings, feeling powerless, insecure or finding something hard to swallow.

Coughing is a way to clear an irritant from your system. What is it you need to clear, what are you being made to swallow or what is making you gag? Are you having difficulty expressing yourself? What do you need to bring up or get off your chest?

Bronchitis is often related to being able to share what you really feel. Are you feeling smothered or overwhelmed by something or someone? Is there sadness, grief or guilt that the infection is masking?



It is important to take the time to rest when you are sick and do the physical things that support your immunity. During this quiet time you can take the opportunity to listen to what your body may be trying to tell you.

Sources: “Your Body Speaks your Mind” by Deb Shapiro;
 “ Heal Your Body” by Louise Hayes;
 “ The Body is a Barometer of the Soul” by Annette Noontil

