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Contrary to conventional opinion, illness is not some quirk of nature you have to fight. A truer understanding of illness actually helps you stay healthier. When you "understand what your symptoms are telling you," you view them as bodily expressions of inner conflicts. Their symbolism will reveal the real problems you're facing. Pick a current health issue and see the difference when you ...

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When you see your symptoms as bodily expressions of psychological or spiritual conflicts, you can use them as guides to inner work. You can respond to issues with respiration, digestion, skin, nervous system, heart and circulation, sexuality and pregnancy, or infection and allergies, even accidents, with practical actions that heal the heart and mind.

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