

Bio-Syntax Technique

STEP 1:

Think about your condition for a moment and allow yourself to connect with its presence in your body. As you elicit feelings related to your condition, ask yourself the following questions;

- What does this illness elicit in me when I feel its presence or symptoms?
- What does this illness represent?
- What does this illness mean to me?
- What do I go through because of its presence in my life?
- What does it feel like emotionally to have this condition?

Write down the words and emotions that come to you as you connect with the sense of your illness. Allow yourself to identify the underlying meaning of your condition.

STEP 2:

Go back in time and remember what was happening in your life just prior to becoming aware of your condition, or prior to having the first symptom (generally within a few weeks and up to a year before). For a moment, put aside your thoughts and feelings related to the illness and think in terms of circumstances. Ask yourself:

- What happened in my life prior to my first symptoms that connects precisely to the definition and feelings I expressed in Step 1?
- What happened that resonates with the words I used to describe the meaning of my illness and my associated feelings?

Let your subconscious do the work. As you repeat the words and feelings, let the images of the triggering event come to your consciousness. As you recall a specific memory, go further in your investigation by asking yourself:

- What moment bothered me the most during this event?

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STEP 3:

If you have successfully accessed the triggering event, define the moment that bothered or upset you the most. Write about the particular moment that resonates the most with the words describing the meaning of your illness. Take your time, as emotions that have been repressed may emerge from the depths of your subconscious. Allow yourself to receive and accept your true feelings. This experience is organic and oftentimes emotionally liberating. Trust yourself in this process.

Now express in detail the circumstance, emotions, sensations, struggles, and lack of resources you were experiencing at the time of the triggering event.

- Were you caught off guard? Shocked? Confused? Overwhelmed? Isolated?
- What did you believe about what was happening?
- What did you say to yourself?

- What went through your mind?
- How did you react?

This is your opportunity to express yourself in an uncensored and unrestricted way. It is an opportunity to free yourself from the stress you have been holding inside. As you write, honor yourself by not denying, diminishing, blocking, or hiding your feelings. Now is the time to empty your mind from the distress you experienced and continue to carry within yourself.

Listen to all voices inside of you. Allow them to surface. In the safety of your own healing process, you are free to express them all. Write down your perceptions of the stressful event until you feel that you have released all emotions and have accessed a state of liberation. Once those feelings are expressed on paper, they are no longer trapped in your mind.

Note: If you connected with an experience that you feel is older than your triggering event, go through the same process and write down your feelings from that time.

STEP 4

Once you have expressed your feelings, step back from your notes and take a quiet moment for yourself. Thank yourself for allowing this opportunity to express the pain you may have been holding inside or may have repressed at the time of the event. You may realize that your circumstances have changed since the event and recognize that you now have greater resources to deal with it. One can heal emotionally, only when facing reality. You may decide that it's time to look at this event from another perspective, choosing to resolve the conflict it represents so that your mind can have the opportunity to be liberated.

Do not fear change. You are about to experience a remarkable journey of transformation within the story of your life.

Source: The Bio-Breakthrough, Decode Your Illness and Heal Your Life – Isabelle Benarous, Chapter 8, pages 125-127