

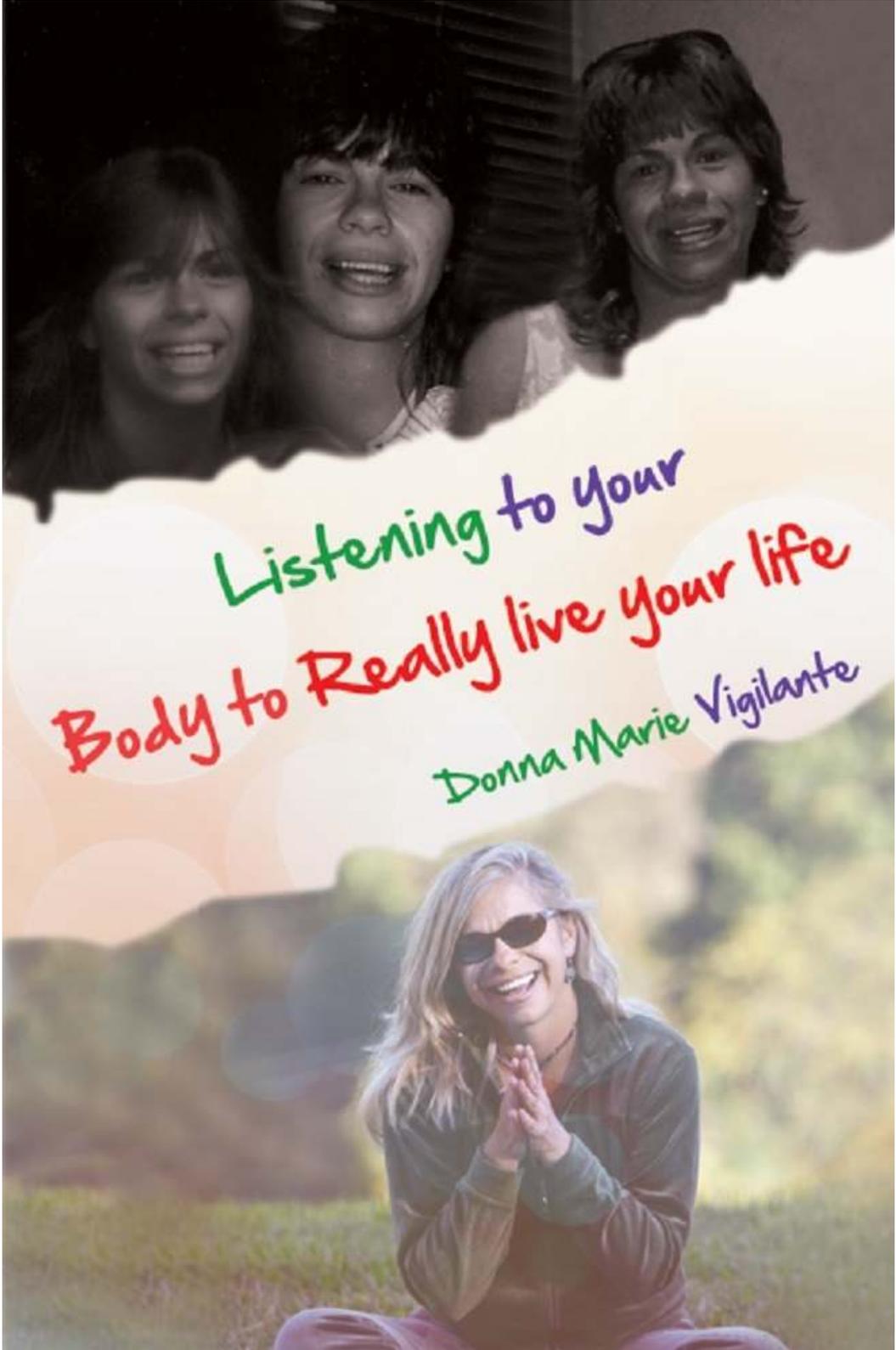
LISTENING TO YOUR BODY

TO

REALLY LIVE YOUR LIFE

BY

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Introduction

“It is estimated that 90 percent of all physical problems have psychological roots. That may sound like a gross exaggeration. In fact, it’s probably a conservative estimate. A growing body of evidence indicates that virtually every ill that can befall the body—from acne to arthritis, headaches to heart disease, cold sores to cancer is influenced, for better or worse, by our emotions.” — Pg. 3 Feelings Buried Alive Never Die...

In an age of stress related diseases and spiraling medical costs, there is an ongoing debate on health care. We spend billions each year and yet an embarrassingly high number of people live daily with chronic pain and/or *dis-eases* that will slowly kill them or leave them living with debilitating pain. Our health care system is allopathic in nature; it treats the symptoms and not the root cause of our pain and *dis-ease*. Many if not all stress related *dis-eases* have a root cause. When the root cause is not addressed, a person cannot fully heal their physical pain and suffering. I have learned from traveling through my own healing journey and guiding my youngest son Troy on his healing journey, that healing begins with choosing to honor your body’s inner knowledge and trusting your feelings. My journey helped me to remember that this knowledge is always within. All people have the ability to heal themselves when they are able to reconnect with their own internal navigational system. The information I am presenting in this book is an invitation for you, the reader, to go on your own journey in order to transform one person at a time from pain to health, and in turn, to help transform the world.

In our society we have come to depend on doctors far too much for healing stress related *dis-eases*, which I believe are created by our choices and lifestyle. High *dis-ease* rates are a national public problem primarily because people aren’t taught that they can heal themselves. It is not that physicians cannot help us on this journey because there are many who are trained in a more holistic approach. However, to heal the body, the focus should not be primarily on relieving symptoms with the use of prescription drugs, invasive tests and surgery. It should focus instead on the person and the root cause(s) of their *dis-ease*. A more holistic approach involves investigating not only a person’s physical body and their symptoms, but the emotional, mental, spiritual and social conditions as well. Our health system needs to keep us healthy using this approach versus the system we have now, in which the incentive is mostly a financial and a quick fix for the person in pain. Lots of

institutions profit from illness and pain: the pharmaceutical companies, insurance and medical supply companies to name only a few. Anyone can learn how to listen to his or her body, regain their health and reduce their long-term dependency on the medical system. With health comes happiness.

I am living proof this can happen. I found my way back to physical and emotional well-being. It is an internal journey that you can learn to traverse on your own, for the most part; along with guides like me who can help you on your journey. Many people helped me to go inward and there I have found that everything I needed to heal myself was actually given to me at birth I finally figured out after years of suffering with physical pain that I was going in the wrong direction. I needed to make different choices and go in another direction. Going in the wrong direction means you've made a choice that goes against your inner knowing or highest good. Physical pain is your body's way of communicating that your emotional, psychological, and spiritual bodies are out of balance and need your attention.

Let's look at an example, using your physical body, to describe going in the wrong direction. Many people slouch when they are working at their desk and their lower back bulges out; however, the correct direction for your spine is to be long and erect. The pain in the lower back is the body's way of communicating with you that you are going in the "wrong direction."

Another example of going in the wrong direction in our everyday lives is our inability to listen to ourselves. I was a divorced mother with two sons, working as a waitress on the weekends and attending junior college part-time. I was also in psychotherapy working through horrific childhood abuse and my impending divorce. My schedule at home was full like any other mother. My plate was full and yet I was unable to say no to family members and friends who asked me to do things for them. My inner being was screaming NO and yet out of my mouth came yes. I was divided within myself because I didn't want anyone to be mad with me and yet I didn't have the time or energy to help him or her. I would have pain in my stomach, get a headache, or have an anxiety attack if I tried to tell them "No, I am too busy." In yoga when you feel pain, you know something's wrong and you're taught to back out of a pose and go in another direction. This is often hard because most of us have been raised that backing out is a sign of weakness. We won't consider backing out of any of our obligations, which is why we generally will not choose to go in an alternative direction until we're suffering and in constant pain. This pain solidifies in our bodies and is unable to be healed by medical efforts.

Many people I work with as a yoga instructor and energetic healer have suffered with chronic pain for years and most have had surgery and are taking a plethora of prescription drugs, both of which alter the body. So, remembering and reconnecting with their internal navigational system is not usually what most people want to hear as the answer to getting out of pain. Most people want to get out of pain today. The thought of committing to the process of finding the root cause of their pain takes more time. It is an inward journey that must be taken alone and can seem foolish. While many of us did not cause the problems we face (sexual, physical and psychological abuse), we don't want to admit that we are 100% responsible for our own choices as adults and that all of our choices have consequences.

Like many people, I spent much of my life looking outward for happiness without realizing that the real answers lay within. Healing is within you, exactly like love. I work with many people who search throughout the world to receive validation that they are lovable. I often tell my students who are looking for answers outside themselves that we are like fish swimming around in water looking for the water. The answers lay right inside of you. Your internal navigational system can help lead you back to health and happiness.

Using this very process ultimately cleared every physical ailment and mental disorder that I was told would plague me the rest of my life. My life from the earliest time went from one disaster to another. As a matter of fact, I was often called "walking chaos". Similar to the 'Pigpen' character in Peanuts, all the dirt that followed me was chaos and pain. The gravity of all this extra baggage dragged me down. Yet through this journey, I found a way to create a heaven out of hell. The objective of this book is to empower the reader, using my life as a testament, to the power of healing one's own life. I want to inspire you to begin to navigate through your feelings and body and allow them to take you on a journey out of pain. Learn how to use your own inner navigational system naturally given to you at your birth. As the good witch Glinda, said *In The Wizard of Oz*, "You've always had it in you."

I cannot imagine what my life would be like today at fifty, or if I would even be alive, had I not discovered the ability to listen to my body and feelings when I was in my mid-twenties. Back then I was consumed with physical, emotional and psychological pain. I was filled with anger, rage, resentment, bitterness, guilt and shame. I finally hit the wall because it was too much. It was only then that I began

a slow, often-unfocused, journey inward while relearning to trust my own body and feelings as I did before I was abused.

That journey led me to what I now call my ‘internal navigational system’ that I used to guide myself back to complete health and well-being. I slowly healed myself of every *dis-ease* and psychological disorder that once had overwhelmed me.

I use my internal navigational system to guide me daily, and I now teach this method to my students, family and friends. That’s not to say I’m not faced with everyday life events that need to be addressed. However, today I now have the confidence that my body and feelings will guide me to my highest good, and I have no chronic pain or *dis-ease*. I am humbled to share what I have learned from my journey with you.

For the last 25 years I have traveled along a healing journey and from that journey this book was born. That journey taught me that I could not only heal my life, I could thrive and have anything and everything I could imagine. And so can you. I will never be the person I may have been before the abuse, and yet I am a whole person created from the pieces that were left. My cousin Michelle, an acupuncture physician answered me this way when I asked a question about my constitution (your original energy when you are born). “Donna Marie, like Humpty Dumpty you fell off the wall (I believe I was pushed) and all of your pieces were shattered and we put the pieces back together as best we could.”

Today, all you can see is a vibrant healthy woman who is on an extraordinary voyage in life. I have lost all of my excess weight and my face has cleared up and is beautiful after years of adult-onset acne. I no longer have fatigue, allergies, arthritis, cancer, or shingle attacks. I have cleared every chronic pain in my body. I am healed physically and emotionally and also have healed all mental disorders and am free of the disabling effects of those disorders, including the PTSD.

This book is based on that voyage and the information I gained that ultimately healed my life. I was told so many times by doctors and psychologists that I needed to accept that I had survived, and they would help keep my rage and *dis-eases* at bay by the use of prescription drugs and invasive procedures. Yet, I wanted to thrive and be pain free and healthy. I look younger and brighter now at 51 than I did at 19 and I am thriving. I have both a Master’s in Psychology from the University of North Florida and a law degree from Stetson University College of Law. I opened my own yoga studio eight years ago and business is going extremely well. Currently, I help others heal their minds, bodies and spirits from

chronic pain, trauma, and every day stress. You don't necessarily need to have gone through all I did to be in chronic pain or just plain depressed and unexcited about life.

The beauty of sharing my life and this information is this: If I was able to heal my life, then anyone and I mean anyone can heal his or her life. I am a living testament to the healing power of listening to your body and feelings to help navigate yourself back to health and happiness.

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