



DO I HAVE A PHYSICAL ISSUE BNE CAN HELP ME WITH?

The majority of physical conditions whether it be a simple flu, a sprained ankle or more serious ones such chronic pain, cancer etc. point towards some level of emotional incoherence. The body is a reflection of the mind and you can learn a great deal about yourself by paying attention to its signals.

You are not a victim of your situation or condition and there is a lot you can do to improve your overall well being. A BNE session will help you gain clarity over what your body is trying to tell you.

Now I invite you to grab a pen, or hit that keyboard and allow yourself the time to answer the three following questions. They will help you gain clarity around your condition and how it is affecting your life.

1. What physical issue is most affecting you right now? What are the symptoms? When did the symptoms start? (be objective and specific: 6 months ago, 2 years ago, summer 2017 etc.)

2. Do you have a medical diagnosis?
If yes, what have you been diagnosed with?

3. How is this affecting your life right now?
How is it stopping you from moving forward?

