



Inspiring physical and emotional wellness



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The Embodied Lie

Recently while working on a client, the phrase "Embodied Lie" came to me. I was like, "What the heck does that mean?" So began a month-long meditation on the concept of what happens when **our brains respond to trauma** with lies about what is actually happening.

What do I mean by this? Based on what I have seen over the years of being a practitioner of this medicine, I have hypothesized that our **psyches lie to us** in order to protect us from trauma. Those lies then become a part of our bedrock and **serve as a false foundation** on which we build our entire lives. Traumatic events, ranging from childhood sexual abuse to car accidents, while they are happening, **are way too intense to absorb**, so we disembodify, disassociate, and lie to ourselves thereby muting the harsh reality of an intensely harmful situation. It is **way too painful** to feel the betrayal of abuse at the time - so we come up with lies to protect our fragile selves.

This lie is then embedded in the body where it becomes incredibly difficult to release. The **nastiest thing** about these lies are that they will dominate our minds and hearts thereby affecting **every area of our lives** - from relationships with people to how we view ourselves and the world. It manifests as beautiful women who think they are worthless. Men who believe they are only worthy if they achieve in the world. Talented entrepreneurs who chronically under-earn because they struggle with their own value.

For example, young children view their parents as sort of Gods or demi-Gods. They assume their parents don't make mistakes. But as we know, **all parents make mistakes!** But some parents abuse and mistreat and neglect their children. Because the children think their parents are perfect, they assume the problem is them. "I must be worthless, look at how they treat me" or "The world is an unsafe place, I have to take care of myself." These **belief systems influence** who we are as adults. Hands-on body work can be an effective way to pull back the layers of lies that are dominating our lives.

Another example occurs during surgery. Think of how traumatic it is for the body to be put "to sleep" and **disenfranchised** to the point of being cut open and torn apart, seemingly without its knowledge, vital organs being removed and so on. It's actually pretty **unreasonable** that we expect to be whole and unaltered after such an experience. Everyone who is having or has had surgery should be seeing a skilled and insightful body worker.