

The 5-Minute Body Symptom Quick Decoder

Discover What Your Body Is Trying to Tell You

Your symptoms are not random. They are messages.
This quick reference guide will help you start decoding them.

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Why Your Symptoms Are Messages

For years, I suffered from chronic stomach ulcers. Medical treatments helped temporarily, but the ulcers always returned. Nobody asked the critical question: **Why do they keep coming back?**

Then I discovered my body was speaking a language I did not understand:

STOMACH = how we digest life experiences
ULCERS = eating away at myself from the inside

I was carrying burdens that were not mine, trying to digest other people problems. When I finally understood this message and set boundaries, the ulcers transformed.

That is the power of understanding your body language. This guide gives you the basics to start decoding your own symptoms.

Body Location Quick Reference

What Different Parts of Your Body Represent

Location	Meaning
HEAD	Thoughts, mental patterns, beliefs, identity
EYES	How you see the world, perspective, vision for future
EARS	What you are hearing (or not hearing), listening
THROAT	Expression, communication, speaking your truth
SHOULDERS	Burdens you carry, responsibilities
CHEST/HEART	Love, emotions, relationships, what matters most
LUNGS	Breath, space, grief, taking in life
STOMACH	Digesting life experiences, what you can/cannot process
LIVER	Anger, resentment, filtering toxicity
LOWER BACK	Support, foundation, financial security
HIPS/PELVIS	Sexuality, creativity, personal power, moving forward
KNEES	Flexibility, ego, ability to bend/adapt
ANKLES	Ability to change direction, stability
FEET	Grounding, connection to earth, foundation

Left vs Right Side Meanings

The side of your body where symptoms appear carries important meaning:

LEFT SIDE	RIGHT SIDE
Feminine energy	Masculine energy
Receiving	Giving
Past	Future
Internal/Inner world	External/Outer world
Mother, feminine figures	Father, masculine figures
Being	Doing
Intuition	Action

Example: Right shoulder pain might mean you are carrying too much responsibility in your outer world (work, giving to others, future goals). Left shoulder pain might indicate burdens from the past or difficulty receiving support.

3 Questions to Decode Your Symptom

Question 1: Where Exactly Is It Located?

Use the body location chart on page 3. Note both the general area AND the specific side (left/right). For example: Right lower back tells a different story than left lower back.

Question 2: When Did It Start?

Think back: What was happening in your life when this symptom first appeared? Was there a life transition, relationship change, work stress, or emotional event? The timing often reveals the trigger.

Question 3: What Metaphor Describes It?

How would you describe the sensation? Our language reveals the meaning:

- **Stabbing pain** → What or who is stabbing/betraying you?
- **Burning sensation** → What anger or passion is burning within you?
- **Heavy pressure** → What burden is pressing down on you?
- **Tight/constricted** → Where in life do you feel restricted?
- **Frozen/stuck** → What decision or movement feels impossible?

Your Symptom Decoding Worksheet

Use this worksheet to decode your current symptom:

My symptom is:

Located at (be specific):

Left side or Right side?

It started when:

What was happening in my life:

The sensation feels like (metaphor):

Based on the body location chart, this area represents:

My body might be trying to tell me:

One small action I can take:

Want to Go Deeper?

This quick decoder gives you the basics, but there is so much more to discover:

- ✓ The complete 10-step decoding process for any symptom
- ✓ Detailed body meaning maps for 15+ body systems
- ✓ Understanding symptoms in the context of life transitions
- ✓ Applied Biomagnetic Therapy for root-level healing
- ✓ Integration practices for lasting transformation
- ✓ Personal guidance and support

Work With Mark McDonnell

Transform your relationship with your body through Applied Biomagnetic Therapy and comprehensive symptom decoding.

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