



## Joint pain – messages from your soul



A joint is a link connecting bones that enables physical movement—twisting and bending—of our limbs. Figuratively speaking, joints symbolize mental flexibility, which can be impaired for various reasons, causing pain at the “points of contact”. You already know that body, mind, and soul form an inseparable unity. If one of these elements is out of balance, the other areas will also feel it.

### Psychological reasons for joint pain

What about your points of contact/connections to your environment and the people around you? Are they affected by unconscious conflicts, limiting thought patterns, or unhealthy behavior patterns from your past? Such patterns can lead you to continue following authority figures instead of authentically living your own life. These "authorities" could be the entrenched and judgmental thinking of your parents, which you have adopted. But also socially accepted rules or ways of thinking that you performed as a child for self-protection. As a child, you were a defenseless victim, dependent on the care of adults, and had to submit in order to survive. This unconscious memory can lead to resentment and stubbornness, traits that make it difficult for you as an adult to flexibly and easily implement necessary changes in your life, especially when it comes to matters of the heart. The cause of the autoimmune disease arthritis still remains unclear. However, the pain at affected "contact points" could be a clear indication from your body that your need for touch and closeness is not being met because you are not allowing it.

### Example knee pain

If you constantly experience unbearable knee pain, it's about moving forward in your life. Ask yourself the following questions:

- Are you truly moving in the direction that resonates with your heart/soul?
- Are you realizing your own vision for life or those imposed by others?
- Are you fixated on something that urgently needs to change?

- Are you trying to force something in your life ("rushing things") or are you being forced to "give in" due to factors in your environment or by other people?
- Do you feel compelled to abandon your own principles because of those of others and experience constant overload ("being unable to cope")?

The old saying "Use it or lose it" doesn't just mean that someone who doesn't move enough becomes stiff and rigid. It also indicates that immobility in thought ultimately leads to rigidity in life. A lack of assertiveness and clarity as a result leads to self-denial. When you recognize and follow your own needs, pain will no longer force you to "hit your knees." The knee is spiritually connected to your ancestors/family [1,2]. If there are or were ongoing conflicts there, your subconscious has been shaped by them.

### **What can you do?**

If you seek solace in silence, in nature, or through meditation [3], and take time for yourself and the questions mentioned above, you will surely find answers to what exactly might be causing your joint pain. Physically speaking, pain arises from irritated nerves, whose impulses trigger the sensation of pain in the brain. It is an over-acidification (you are literally "acidic") in the area surrounding the nerve structures, which you can neutralize with "alkaline" measures, such as compresses with alkaline salts or by avoiding acid-forming foods like meat or sweets. However, if the cause of your pain lies in your emotional state, all physical measures will only bring short-term relief.

#### **Literature:**

[1] <https://www.inana.info/blog/geheimnis-knie>

[2] <https://symbolicsecrets.com/spiritual-meaning-of-knees>

[3] <https://www.youtube.com/watch?v=yqXEOIGR0fM>

[4] Image: [https://www.magnific.com/de/fotos-kostenlos\\_8351815.htm](https://www.magnific.com/de/fotos-kostenlos_8351815.htm)

