

# Headaches

by  
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Headaches: In my counseling practice I do not have potential clients calling for appointments with headaches being the stated issue. Headaches may be a symptom of a problem or issue but not the main issue.

According to Louise Hay who wrote the book *You Can Heal Your Life*, she has a list taken from her other book *Heal Your Body*, of physical ailments and the possible mental causes of those ailments or diseases

The belief is that if our minds are in some form of disease, then are bodies can express a physical manifestation of a mental cause. It is not a matter of pointing a finger of blame to one's self for creating whatever, but rather an opportunity to explore the possibilities of what might be going on internally, mentally or emotionally. And seeing if there is any truth to her listing of probable causes.

I have referred to her list when clients are willing to look at probable cause of a physical problem. And in most cases they agree with her conclusion. For example, the probable mental cause for headaches is "Invalidating the self. Self-criticism. Fear. "I ask the client if this could ring true for him or her. If not, I have the client ask the self, "What could be the thoughts that created this headache.

The client can then choose to repeat to him/her self as an assignment, "I am willing to release the pattern in my consciousness that has created this condition." And repeat the new thought pattern or affirmation that goes with the headache. "I love and approve of myself. I see myself and what I do with eyes of love. I am safe." The more you write or repeat the affirmation, the more that thought becomes a part of you versus the negative thought pattern that may have created the headache in the first place. The client then needs to believe that they are already beginning to heal the condition and repeat the affirmation whenever thoughts of the conditions reoccur.

From that point, based in input from the client, I explore some probable causes. Thereby, targeting the root of the beliefs, circumstances or situations that may have triggered the headache in the first place. Of course if a client needs medical attention, that is encouraged.