

## Cysts - Our Emotional Circuit Breakers

by Dee Martin, MT

I felt compelled to do a paper on ganglion cysts ever since a freakish occurrence in my office.

A young woman, 22 years old, mother of two small children, arrived in my office complaining of severe pain in the wrist. She had just visited with her orthopedic doctor. The young woman had had six ganglion cysts surgically removed from the same location on the wrist and now a 7th cyst had erupted. This time the doctor felt they must perform a surgery that could result in the loss of function in her hand.

I said, "Let's let your body talk and see what is causing the pain." Much to my surprise it indicated it was an emotion, depression, age on line, 17, over a situation. At that age she was in a foster home and that was when the first ganglion appeared.

As always when doing the emotional work, a benefit as great as the trauma had to be found and then accepted by the subconscious. She felt that at that time she was out of control and would have either become a drug abuser or even have died had she not been sent to the foster home. This is definitely not the woman she is today. Her body indicated that the subconscious had accepted that being sent to the foster home was a great enough benefit to clear the issue. Amazed she said, "The pain is gone!" When she turned the wrist over to look at it the ganglion was gone! We both stared in disbelief!

What had happened? Could it happen again? Curious and intrigued I tried the same approach again and again. The body each time indicating the cause as an emotion. Each time as the subconscious accepted a benefit of *equal or greater value* to the trauma the cyst would dissolve, either instantly, in hours, days or even weeks. The results would be exactly as indicated, with only a few rare exceptions.

It appears as though the cyst would develop on an acupuncture point after an emotional trauma. In my opinion this occurs much the same way a circuit blows in a house rather than having the entire electrical system overload.

Trying to better understand cysts, I asked an orthopedic surgeon for an explanation. He gave me the clinical explanation of what a cyst is and then ended by telling me, "They have a mind of their own and that they come and go as they please."

The procedure is as follows:

1. Ask the body to indicate the cause:  
(Physical, Emotional, Nutritional, etc.)
2. If it indicates an emotion use the five element emotional chart and or the behavior barometer chart to locate which emotion.
3. Ask for an indicator for the priority age.
4. Ask for an indicator whether it involves self, situation, other.
5. Let the person find the way the trauma benefited them.
6. Ask if the body accepts what was found in #5 as a benefit.
7. Ask if the body has cleared the emotion. (Often I find the benefit is not great enough to clear the emotion, they must continue until the benefit is great enough to clear the emotion).

My prayer is that we the facilitators stay humble enough to allow the expert, the mind of our client, to tell us what is wrong and how to treat it.

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