

The Body Complex

By Benjamin Wagener, on Tuesday April 25th, 2014.

The core of a complex is to center on a problem that doesn't exist.

Our body is the source of such a questioning, almost anyone you can see any day is concerned by the question of its physical appearance and in various extents about its body. The problem is that even if there are some issues of safety and health behind the natural concern for our body it has evolved in such a way that it is now something that can be considered as a real mental trouble. Our body is our strength, it is all what we truly have in order to achieve and do what we want and to get what we need in an extended sense. But very seriously we can say that psychologically we are not our body. Our body should be better understood as an essential tool and also what we have as the most precious thing. There is no reason to worry about it because anyhow this is the greatest thing we have in life whatever could be the suspected anomalies, abnormalities or what may not fit our expectations. Moreover the morbid conception about our body that goes with such a complex may be by example the place for more serious disorder like Depression for example, it can by itself create a psychological conflict that can lead to a nervous breakdown. It is also the place for various morbid-like processes of thinking that can go from fetishism to suicidal intentions. Yet our body is something that is in many respects a miraculous-like mechanic that should normally be consider for the Life it gives to us and the related miraculous-like experience of reality it offers. Those words are not too strong actually with respect to the perverse-morbid societal conceptions we see everywhere and with respect to the actual complete misunderstanding of this miraculous-like biological realm that has normally a positive influence on the mind and on the mood.

In some cases that appears more often than we may expect our body may be damaged, injured or not working properly, this is something that is in general very hard to experience especially when this is irreversible and something to live with. Nevertheless in such cases we can also see persons that do a kind of resilience with respect to it and therefore that continue enjoying Life for this miraculous-like experience that it offers. This is what a normal psychological functioning may look like and this is a serious clue that when there is some morbid-perverse kind of symptom there can be also a positive issue to it. Moreover it shows that behind such kind of complex a real sense of what Life is and the consequent strength it gives can be recovered if not sufficiently present.

However it is certainly understandable that with the important place it takes in our everyday life and in the place it takes in our concerns, the questioning about may occupy an

important place in our psychology. This may explain partially why the body has taken such a role in our current society and why they may be various complexes that can develop because of misunderstanding.

Yet our body is from far the best companion we have during our life. There is quite a natural disjunction between consciousness and the mind on the one hand which deal with direct external reality and the body on the other hand that maintain a permanent underlying functioning. Nevertheless this disjunction is only a necessary illusion and there is actually a strict unity that takes place at the subconscious and biological level where both encounter and work together. Moreover our body constitutes a tremendous strength for each other and it is extremely impressive to observe how much from the molecules of our cells through the communication channels, such as the blood or the nervous system, an incredible vital energy works for us each day and day after day in order to support our life and our Life. Just seeing that the average age expectancy is above 60 years old is very significant with respect to the amount of threats that the body encounter each simple second of our life. In each instant of our life there is a tremendously strong companion that will ever be in our side and will be continuously supporting us.

This may be the best friendship we can hope for somehow...

Moreover this strength even if known in Medicine is very clearly underestimated for the potential it can have in a healing process mainly because how to use it is not known.

From this point of view the way we deal with our body is surprisingly aggressive. Many of us always ask more to their body and may see it in a self-depreciating way. Some persons even do as if they just cannot support their own body and the way they look like. This is clearly very conflicting psychologically especially because our body "loves" us somehow and it is the best that way.

In a person that presents such trouble, actually it may be clear from above that almost all of us do, a kind of teaching-learning process can very clearly reestablish this natural physical-psychological harmony and heal the subsequent psychological conflict.

This can be managed very efficiently in a therapeutic framework and a therapist should normally be aware that such mismatch is very common. Many of us don't even realize what their body is truly and both the role and the meaning it has for him/herself and for their psychology. But for that the therapist should be aware of the fact for him/herself first and this is actually something that is not known enough.

We can even see the damages that have caused the misinterpretation of psychoanalysis. There are some psychologists, therapists or psychiatrist that shows openly the role of sexuality and the psychological freedom we can normally expect with respect to it, this is actually a wrong attitude to have with respect to their patients because of the influence it may have. This is a point about psychoanalysis that is very often misunderstood,

psychoanalysis has pointed out the role of sexuality in psychology, this is something that should be taken with seriousness and distance, this has never meant that sexuality is the whole thing and actually I would say that sexuality is indeed a small part of the psychology but one of the most psychologically sensitive.

There is a way to do with our body, with this constantly present companion. First it should be understood as what it is and for all what it provides to us, second we can do with him and for him.

The importance of this relationship will never be taken with enough regards. Anyone would benefit a lot of accepting this wonderful experience it offers even if it can also express suffering. Suffering is an ultimate request of our body at pain that expresses all the importance "it is..." as our best friend complaining and asking for a nice hand to give.