



A PIMPLE ON THE RIGHT CHEEK

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How a verbal “slap in the face” becomes a big pimple

One morning recently, I noticed a pimple on my right cheek; it was more like a boil, coming from deep down under my skin. Sixty one is not the age for pimples. But, I knew exactly WHY I had THIS pimple on my RIGHT cheek at THIS time: **I had suffered a verbal attack by a colleague.**

Since I have studied German New Medicine and have learned about the wisdom of the body, I could relax and not worry. Knowing GNM, I only had to ask myself: What has happened recently, that ‘caught me by surprise’ and which I felt as an “attack” (literally or figuratively). Why did I experience the conflict on my cheek? Why the *right* cheek?

The answer was easy. Here is the story of how a verbal “slap in the face” became a big boil-like pimple on my cheek.

I was a Teaching Assistant for a skills-seminar in my profession. There were four other Teaching Assistants and the Teacher. The teacher happened to be someone for whom I have great respect.

On the first day of the seminar I talked with one of the other T.A.s, after which she booked two appointments with me for the following week.

It happened that there were some difficulties during the seminar with this same particular colleague. On the last day of the seminar, she became visibly angry and in general began to verbally berate everyone. Still angry, she turned to me and said, “And I don’t need those appointments with you anymore!” Her words felt like a slap in the face to me; it felt like an attack on my integrity. I felt humiliated in front of my colleagues and the teacher, whom I admire. For four days I fretted about this. But then I said to myself, “Hogwash! This is *not* about me at all!” I put it behind me and out of my mind.

The very next day I noticed a deep boil-type pimple on my right cheek, and I understood right away that this was the beginning of the healing of the “attack” against my integrity with the typical symptoms of swelling, pain, pus and redness – on my *right* cheek, which is for me, as a

right-handed person, the “partner”-cheek. – The healing phase lasted four days, just as GNM would “predict”, because it took me four days to resolve the conflict.

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Explanations: So-called **pimples** involve the corium or under skin, which is the skin layer underneath the epidermis. The biological conflict linked to the under skin is an “attack conflict”, because in evolutionary terms, the biological function of the “first skin” was protection – against the elements, injuries – and attacks. During the conflict-active phase the part of the skin that experienced the attack (for us humans the conflict can be of a figurative nature) responds with cell proliferation at the site in order to protect that particular area from further attacks. During the healing phase, i.e. after the conflict has been resolved, the additional cells are removed with the help of bacteria; it is during the healing phase that symptoms like swelling, pus, and redness occur. **Acne** is linked to same Biological Special Program (SBS) indicating that the “attack”-conflict was – subjectively - experienced much more intense.

Extract from: <http://LearningGNM.com>

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