

Nine Things to Know About STUFF

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What is Stuff? Stuff is the result of emotion. It is the chemical and vibrational residual that is left in the body after an emotional experience, whether large or small. We each experience our emotions differently and store these results differently.

Describe the three types of Stuff. The three types of Stuff are Replay Stuff, Critical Mass Stuff and Free-Floating Stuff. Replay Stuff does what its name implies, it replays in our mind when we are sleeping. Critical Mass Stuff builds and builds until it reaches a size that can cause us difficulty. Free-Floating Stuff moves around in the body, usually creating problems wherever it stops.

How can Stuff cause health problems? The physical, chemical and vibrational load that Stuff puts on the cells can prevent the cells from functioning correctly. In each person, the load is different and the reaction is individual. An example of this individuality is seen in Replay Stuff. Because it plays in the mind whenever the person relaxes, it interferes with restful sleep. People who do not sleep well can experience a wide variety of issues such as mental confusion, anxiety, fibromyalgia and many other conditions.

Where does Stuff come from? Stuff is the result of emotions. It is the emotional baggage that all of us carry. It can come from our experiences in childhood, our adult experiences and even prenatal emotional exposure.

What are Primary Gains? Primary Gains are the beneficial things we “get” as a result of a Stuff-related condition or health concern. They’re the things we learn and can use in our lives even after removing the condition or concern. Examples of this can be kindness, thinking outside of the box, humor and such attributes.

What are Secondary Gains? These are the unhealthy benefits of a Stuff-related condition or concern, things we cannot keep if we get well. They keep us stuck in our issues. Secondary gains can include such things as special parking places, being treated in a special way and so on. While these are sometimes needed and beneficial, they cannot be maintained once we are well.

What can people do to remove the Stuff they are carrying? There are a number of ways to address the Stuff people carry. Choosing can be difficult. There are ways individuals can decide what is right for himself or herself. These include asking their body, investigating options and becoming educated.

What is Joy? Joy is pure happiness, deep down glee. It’s the feeling we can observe in a child who is having more fun than he or she has ever had before.

Even people who have had very difficult life experiences have had some moments of Joy, so the feeling is familiar, though very precious.

How does Joy make a difference? Joy is also an emotion. When we remove our Stuff, it leaves a space in the cells. Nature abhors a vacuum, so we need to fill the space with something. If we fill the space with Joy, then there is no room for more Stuff. Also, the habit of Joy changes our outlook so that life experiences will not create more Stuff. Our perception and emotions will be different in situations that used to cause us difficulty.

Note: Dr Nanci can be reached at www.doctornancie.com. Please visit our e-store for books and related retail items available for purchase and authored by Dr. Nancie Barwick.