



# Iris Alheidt-Pehrish - Welcome to life

## Beyond Coaching

### Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrish

### Recommendation of the week:

#### Discover the Power of Family Constellations!

This method clearly reveals which familial or systemic entanglements influence your life — often unconsciously across generations.

By consciously recognizing and resolving these patterns, you gain greater clarity, inner peace, and freedom.

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**Time:** 10:00 AM - 6:00 PM

**Location:** YUKO - Zentrum,  
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### Why does the body often reflect what we do not express?

The body is an incredibly precise resonance instrument for our inner states. When we do not express emotions or thoughts — whether out of fear, shame, or because we do not fully understand them — this unspoken energy often finds another outlet: through the body.

#### Why does this happen?

The body mirrors our inner world and often reacts to what we do not express or unconsciously perceive. Emotions are energy — and energy seeks to flow. When this flow is blocked, the accumulated energy can manifest as tension, pain, or other physical symptoms.

Our body stores experiences, especially stressful ones, which often leave imprints on the nervous system. If these experiences remain unprocessed, they can develop into chronic issues. In many cases, the body acts as a protective mechanism. Unspoken or suppressed emotions are expressed on a physical level because it may be too overwhelming for the mind to consciously process or verbalize them.

By listening to our body's signals and engaging with the underlying emotions, we can restore the natural flow of energy, promoting both physical and emotional well-being.

### How can we recognize if our symptoms are related to our relationship?

A key question to ask is: When do the symptoms occur? Do you notice them particularly in certain situations — perhaps after conversations or conflicts with your partner? Or do they intensify during periods of distance or unspoken tension?

Additionally, symptoms that have no clear medical explanation can be a signal to take a closer look. Not as a blame toward your partner, but as an invitation to better understand yourself and your own needs.