

Silence Therapy



Madlen Algafari

I close my eyes and set off on an inward journey to lovingly meet myself.

Hello, my loyal heart! Hello, source and home of love! You loyally and consistently serve me. Day and night, you beat and pump the flow of life through my veins while I focus on living this life of mine. Thank you, my loyal heart, for never stopping your work. My attention turns to you. I see you beat devotedly, no matter if I love or hate. I embrace you, my heart. I shower you with gratitude. I see how, through your each and every cell, light flows into you and heals you.

Hello, my lungs! Hello, my loyal guardians of life. I see you fill with oxygen and push out carbon dioxide. Oh, how every single second, you diligently and selflessly take care of life without my need to think to inhale or exhale! I take a deep breath and thank you for your trust in life, for taking the responsibility of filling my blood with oxygen. I shower you with healing love, gratitude, and light.

Hello, my brain! You work day and night just like the heart and lungs. You work tirelessly even while I sleep. You sift through and reorganize information and knowledge. You decide what to keep, what sinks deep, and what should be expelled so that I can make connections, grasp meanings, and see choices. I embrace you with love and gratitude. I see healing light flow through you and wash away what is no longer needed.

Hello, my stomach and intestines! Though I never tell you what to do, you so perfectly know your job. Minerals, vitamins, nutrients – every day, you process the fuel for life and distribute it to every cell. You digest each of my emotions – the sweet-love, the sour-anger, the bitter-pain. You produce the hormones of each of my experiences and diligently expel the waste. I shower you with love, gratitude, and healing light.

Hello, my kidneys – the system that purifies fluids and emotions, the filter of fear and weakness, of poison and pain, the quality barometer of my relationships. I embrace you with love, gratitude, and healing light.

Hello, my liver! Constant monitor of liquid life, you cleanse my blood of toxins. You give me hints when my anger, sedimentary and unexpressed, calcifies in my gall bladder. I shower you with gratitude, love, and healing light.

Hello, my senses! Receptors and transmitters of information, you are my steady connection to life and people. You gather the signals of the eternal here and now. You keep me in reality, shielding me from it yet showing me its beauty... that beauty that will save the world. Because of you, I see life, I hear life, I smell life, I taste life, I feel life with my skin. I thank you my eyes, for seeing the beautiful and the ugly. I thank you my ears, for listening and hearing the pleasant and unpleasant. Thank you, my nose, for smelling the appealing and the repulsive. Thank you my mouth, for tasting the sweet, the savory, the sour, the bitter, and the spicy. Thank you, my skin, largest of my

senses, for drawing my boundary, for letting me know the difference between inside and outside, for separating me and letting me merge with the ones I love. I send you gratitude, my senses, I embrace you with love and healing light.

Hello, my hands and feet! My loyal hands! You work, you embrace, you push away, you give, you take, you create, you connect me to others. My loyal feet! You run, you jump, you dance, you kick, you carry me through life, you connect me to the Earth, to my roots. I send you gratitude, love, and healing light.

Hello, my blood vessels and nerves! Highways and pathways of lifeblood and information, you help me be, feel, and act. Thank you for tirelessly and diligently working day and night. I shower you with gratitude, love, and healing light.

Hello, my muscles and bones! Because of you, I stand tall and stand my ground, I move and relax, I defend my boundaries, I stand up and bend down, able to adapt to the changes of life. Because of you, I successfully Do. Thank you for your Doing. I send you gratitude, love, and healing light.

Hello, my glands – control panels of my hormones, messenger-ambassadors of my actions and of my experience of people and the world. My materialized emotions, thank you for letting me feel and be! Thank you for showing me the happy, the dangerous, the pleasant, the painful, the scary, and the divine! Thank you for embodying the sacred feminine and masculine so that I can reproduce life. I send you love, gratitude, and healing light.

Hello, my immune cells – loyal soldiers fighting my body's enemies. I thank you for the tireless vigilance, for being on guard day and night to stop foes from invading, for defending my body with unfaltering devotion, even when, at times, I refuse to defend my soul. I send you love and gratitude. I shower you with healing light.

Hello, my genitalia! Hello altar to the sacred feminine and masculine. Hello, portal of life! Magical staff and wondrous incubator of life, gateway to the great sacred mystery of life. I thank the womb from which I came, and from which life will continue to evolve. I thank the seed which eternalizes humankind! Thank you, my reproductive organs – meeting point of masculinity and femininity, conception center of humankind and love. I embrace you with love and gratitude, and I send you healing light.

Hello, my only body! Hello, my loyal body! Just as you are, you are mine – the trusted carrier of my soul! Thank you for your symptom-signals that tell me when I lose balance and harmony in life. Thank you for materializing the words of my soul. Thank you for carrying me through life, and at times, for being wiser than me. In fact, my trusted body, you are me. Thank you for recruiting my muscles to protect me from the earliest time when my mind and actions could not yet defend me. Thank you for never ceasing your work even when I forget you. Thank you for showing me how your 50 trillion cells function in unity and harmony, never hurting each other because they know that harming another cell is harming the whole organism, causing harm to themselves. Thank you, my body – my loyal teacher and healer. I promise to listen to you attentively, to trust and take care of you with love and gratitude. I let healing light flow through each of your pores, and I feel all your cells celebrating and dancing hand-in-hand, grateful that I remember you, listen to you, and love you every moment of every day!



Madlen Algafari is a psychologist, psychotherapist, writer (12 books), theater director. MA in psychology from University of Sofia “St. Clement Ohridski” in 1991, postgraduate specialisation in Neo-Reichian analytical psychotherapy with Prof. Waldo Bernasconi in 1998 – Lugano, Switzerland, member of the Bulgarian Neo-Reichian Association, member of the Bulgarian Scientist’s Union – section “Psychology and Pedagogy,” President of the Board of directors of the Bulgarian Institute for Neo-Reichian analytical psychotherapy, member of The Bulgarian Association of Psychotherapy, member of the European Association of Body Psychotherapy. Editor-in-Chief of *International Body Psychotherapy Journal*. This practice is from her last book “Silencetherapy”.

Website: www.madlenalgafari.com