



Look Within

Holistic Coaching

Look Within Main Conflict Types in GNM

Understanding the Biological Language of the Body

A reference guide for understanding the emotional and biological roots of symptoms through German New Medicine.

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How to Read This Guide

Use this guide with Section 3, Step 4 of your Look Within GNM Self-Healing System Workbook. Begin by identifying the body area connected to your symptom, then look up that region's conflict type here. Read the theme and biological logic slowly. Notice what emotions or memories arise—those sensations are clues to what your body has been processing.

Record your insights in your workbook. Over time, patterns will emerge that show how your body, emotions, and experiences communicate one continuous story.

SECTION 1 HOW TO USE THIS GUIDE

Think of this guide as the next step in your self-healing process.

It works hand-in-hand with Section 3, Step 4 of your Look Within GNM Self-Healing System Workbook.

Once you've identified your body area and emotional theme using The Look Within Body & Emotion Map, come here to explore the biological conflict type that matches. Each section explains the emotional perception, tissue response, and healing expression associated with that type, helping you understand what your body might be trying to resolve.

This isn't about diagnosing or fixing—it's about listening.

Every symptom begins as a meaningful response to something unexpected, isolating, or emotionally overwhelming. The body reacts in a way that makes biological sense—it adapts to help you survive what felt too much to process at the time. When understanding or safety returns, the body begins to repair.

As you read through each conflict type, notice what stands out. What emotions or memories arise? What part of your story feels seen? Those sensations and flashes of recognition are your body's language coming to the surface.

Every conflict has two sides: something you lost or can't release, contact you crave or resist, a truth you spoke or one you swallowed. There's no need to decide which side is "right." Just notice which one feels true in your body.

If you're using this alongside your workbook, jot down the emotions, memories, or physical sensations that surface. Over time, you'll begin to see how your experiences, perceptions, and body symptoms weave together into one coherent story—your body's way of resolving what the psyche could not. Read slowly. Stay curious. Be kind to yourself.

Symptoms are not punishments; they're communication. They are your body's attempt to restore balance and remind you where safety, truth, and connection can be found again.

Before You Begin:

If you haven't already, start with [The Look Within Body & Emotion Map](#).

That guide helps you identify which body areas and emotional themes are active.

Once you've found those connections, use this document to explore the biological conflict type that aligns with them.

SECTION 2 THE BIOLOGICAL LOGIC

German New Medicine views every symptom as part of a precise biological program that follows one natural rhythm:

1. Conflict Shock (DHS).

An unexpected, isolating event registers as a "biological conflict."

The nervous system shifts into high alert (fight-or-flight).

During this phase the body adapts—cells may grow, thin, or stiffen—to help you survive the perceived threat.

2. Healing Phase.

When the conflict resolves—through understanding, safety, or release—the body reverses the adaptation.

Inflammation, pain, swelling, or fatigue mark this repair.

What conventional medicine calls "illness" is often this healing activity.

3. Restoration and Integration.

Once the repair completes, tissue and energy return to balance.

The psyche records the lesson, and the body stands down from defense.

Each conflict you'll read about expresses this same rhythm: perception → adaptation → healing.

The direction depends on how your psyche experienced the shock—too much connection, not enough; too much control, not enough safety.

That polarity is what you'll see in the pages ahead.

SECTION 3 THE ELEVEN CORE CONFLICT TYPES

Each conflict is a biological conversation between survival and awareness.

What matters isn't the event itself but how your psyche perceived it in that moment.

Every conflict has two sides—the one that clings and the one that wants to release—and the body expresses whichever side wasn't consciously resolved.

1. SEPARATION CONFLICT

Theme: Disconnection or need for distance

Dual Perception

- *Too much distance:* Feeling torn away, abandoned, rejected, “cut off” from someone or something vital.
- *Too much closeness:* Feeling smothered, needing space or independence, but unable to separate.

Biological Logic

The outer skin (epidermis) and linings of ducts or mucosa thin during conflict to heighten tactile sensitivity—an ancient attempt to “feel” what was lost or to detect contact more clearly.

When safety or resolution returns, the tissue rebuilds and inflames, creating rashes, itching, or discharge.

Common Tissues / Organs

Epidermis, breast ducts, genital lining, larynx.

Healing Expression

Itching, eczema, hives, cold sores, inflammation, short-term burning or pain where connection is being restored.

Resolution Direction

Safety in chosen connection or chosen distance—accepting what contact is real and releasing what isn't.

2. SELF-DEVALUATION CONFLICT

Theme: Perceived failure of worth or capacity

Dual Perception

- *Collapse side:* "I'm not strong enough, not good enough, I failed."
- *Pressure side:* "I should be more, carry more, prove my value."

Biological Logic

Bone, muscle, and connective tissues temporarily lose cells to make the structure lighter—an adaptation to help you "bow" under perceived inadequacy.

When self-worth is restored, the body rebuilds tissue, producing inflammation and pain during that repair.

Common Tissues / Organs

Bones, joints, muscles, tendons, lymph nodes.

Variants:

- *General:* Bones/joints.
- *Motor:* Muscles/tendons.
- *Sexual:* Pelvic bones.
- *Intellectual:* Neck/cervical spine.

Healing Expression

Arthritis-like pain, swelling, muscle soreness, bone pain, fatigue.

Resolution Direction

Reclaiming inner value through honesty rather than achievement; recognizing strength as integrity, not output.

3. TERRITORIAL CONFLICT

Theme: Loss of space, control, or status — or feeling invaded within one's domain

Dual Perception

- *Invasion side:* "My space is being crossed; I can't breathe or set boundaries."
- *Expulsion side:* "I've been pushed out of my territory or role."

Biological Logic

Inner linings (bronchi, bladder, stomach, heart, nasal mucosa) ulcerate during conflict to widen passageways and heighten alertness—an instinctive effort to defend or reclaim territory.

When resolution occurs, tissue swells and repairs, leading to inflammation or infection-like symptoms.

Common Tissues / Organs

Bronchi, bladder, heart muscle, stomach lining, nasal passages, throat.

Healing Expression

Bronchitis, sore throat, bladder irritation, sinus inflammation, heart palpitations.

Resolution Direction

Restoring a sense of rightful space—either by re-establishing boundaries or accepting a new domain that feels safe and authentic.

4. INDIGESTIBLE CONFLICT

Theme: Unable to process or “stomach” an experience

Dual Perception

- *Overwhelm side:* “This is too much to take in. I can't digest what just happened.”
- *Resistance side:* “I refuse to accept this. I can't swallow it.”

Biological Logic

Digestive tissues (stomach, intestines, liver, pancreas) respond by producing extra cells or secretions to help “break down” the emotional content.

When the situation is understood or accepted, those excess cells are no longer needed and decompose, leading to cramps, diarrhea, or nausea during healing.

Common Tissues / Organs

Stomach, intestines, liver, pancreas.

Healing Expression

Ulcers resolving, stomach tenderness, bloating, diarrhea, changes in appetite.

Resolution Direction

Assimilation—integrating the lesson or truth that was previously “indigestible.” Learning to take in only what nourishes and release what doesn't.

5. FEAR-OF-DEATH CONFLICT

Theme: Existential panic; a literal or perceived threat to life

Dual Perception

- *Terror side:* "I might die; I can't survive this."
- *Survivor's side:* "I'm alive—but death is still chasing me."

Biological Logic

The lung alveoli multiply to increase oxygen capacity—instinctive preparation for escape or survival.

Once safety is restored, the excess tissue breaks down, releasing fluid and inflammation that can resemble pneumonia or bronchitis.

Common Tissues / Organs

Lung alveoli.

Healing Expression

Coughing, shortness of breath, night sweats, fever, TB-type inflammation.

Resolution Direction

Restoring trust in life's continuity—accepting safety in the present moment and shifting from survival vigilance to grounded living.

6. ATTACK / DEFILEMENT CONFLICT

Theme: Feeling physically or emotionally violated, invaded, or contaminated

Dual Perception

- *Victim side:* "Something or someone hurt, touched, or soiled me."
- *Boundary side:* "I had to endure what felt like a violation and couldn't defend myself."

Biological Logic

The deeper skin (dermis) and protective membranes (pleura, peritoneum, pericardium) thicken during conflict to create a barrier of protection.

When safety returns, the tissue breaks down, producing inflammation, discharge, or fluid buildup.

Common Tissues / Organs

Dermis, pleura, peritoneum, pericardium.

Healing Expression

Rashes under the skin, night sweats, fluid effusion, skin thickening softening into sensitivity.

Resolution Direction

Reclaiming ownership of the body and space—recognizing safety, releasing shame, and re-establishing internal boundaries.

7. LOSS CONFLICT

Theme: Deep loss or fear of losing someone, something, or an identity

Dual Perception

- *Grief side:* "I've lost them / it's gone forever."
- *Attachment side:* "I can't let go of this even though it's gone."

Biological Logic

Reproductive and hormonal tissues (ovaries, testicles, uterus, breasts) adjust to compensate for the perceived loss of connection or potential life.

During healing, hormonal shifts and tissue restoration occur, often creating swelling, cysts, or tenderness.

Common Tissues / Organs

Ovaries, testicles, uterus, breasts.

Healing Expression

Breast or pelvic swelling, hormonal swings, cyst formation or resolution, menstrual changes.

Resolution Direction

Integration of cycles of attachment and release—allowing life and death, gain and loss, to coexist without resistance.

8. INJUSTICE / VERBAL CONFLICT

Theme: Suppressed communication or feeling unheard / treated unfairly

Dual Perception

- *Suppression side:* "I couldn't say what needed to be said."
- *Expression side:* "I said it—but it wasn't heard or respected."

Biological Logic

The mouth, throat, and vocal structures thin during conflict, readying to express or defend; during healing, they swell and inflame.

It's the body's way of processing silenced words or restoring integrity to one's voice.

Common Tissues / Organs

Throat, mouth, larynx, vocal cords.

Healing Expression

Sore throat, hoarseness, mouth ulcers, jaw tension, dental sensitivity.

Resolution Direction

Truthful expression without expectation—reclaiming the right to speak and be heard, even if only within oneself.

9. STINK / SMELL CONFLICT

Theme: Something or someone “stinks”—emotional disgust or danger detection

Dual Perception

- *Avoidance side:* “I can’t stand this smell, this energy, this situation.”
- *Alert side:* “I need to detect what’s dangerous before it gets to me.”

Biological Logic

The nasal and olfactory mucosa ulcerate during conflict to improve smell sensitivity. When the situation resolves, the tissue repairs—producing congestion, mucus, or sinus pressure.

Common Tissues / Organs

Nasal mucosa, sinuses, olfactory nerves.

Healing Expression

Sinus infections, runny nose, temporary loss or surge of smell.

Resolution Direction

Recognizing safety in your environment and trusting your own discernment rather than staying hyper-alert for “danger.”

10. MOTOR CONFLICT

Theme: Restriction of movement or freedom

Dual Perception

- *Paralysis side:* "I can't move, act, or escape."
- *Overdrive side:* "I must keep going even though I want to stop."

Biological Logic

Motor cortex and related nerves suppress function during conflict, freezing movement to avoid further damage or danger.

When the situation resolves, nerve conductivity returns, often causing tremors, spasms, or temporary weakness as pathways reset.

Common Tissues / Organs

Muscles, motor nerves, coordination centers.

Healing Expression

Twitching, cramps, shaking, or returning strength with fatigue.

Resolution Direction

Allowing stillness to become choice rather than paralysis—movement returning in timing with safety and trust.

II. EXISTENCE CONFLICT

Theme: Threat to one's basic survival, belonging, or right to exist

Dual Perception

- *Displacement side:* "I've been uprooted; I have nowhere safe to be."
- *Pressure side:* "I have to hold it all together or I'll cease to exist."

Biological Logic

Kidneys and adrenal glands regulate fluid and stress hormones to stabilize survival. During conflict, fluid retention and cortisol shifts help the system endure scarcity; during healing, fluid releases, often as exhaustion or blood pressure fluctuation.

Common Tissues / Organs

Kidneys, adrenal glands, water regulation systems.

Healing Expression

Swelling, puffiness, exhaustion, fluctuations in blood pressure or urination.

Resolution Direction

Feeling grounded and supported—returning to safety within self and environment; trusting that existence itself is secure.

SECTION 4 ADDITIONAL OR SPECIALIZED CONFLICT TYPES

These themes often accompany or blend with the eleven core conflicts.

They represent finer distinctions of perception—what we heard, saw, tasted, smelled, or believed about what was happening.

Each follows the same biological logic: a moment of shock, a phase of adaptation, and a phase of repair once safety or resolution is restored.

12. HEARING CONFLICT

Theme: What you could not bear to hear—or needed to hear but didn't.

Dual Perception

- *Rejection side:* "I can't stand what I just heard."
- *Deprivation side:* "I never heard what I needed—no reassurance, no truth."

Biological Logic

The auditory canal and middle ear lining thin during conflict to heighten sensitivity or block unwanted sound.

When resolution begins, swelling, ringing, or inflammation mark the repair.

Common Tissues / Organs

Ear canal, middle ear, auditory nerve.

Healing Expression

Ear pain, tinnitus, temporary hearing shifts, fluid buildup.

Resolution Direction

Hearing truth in a new way—listening without fear, silence where there was noise, or sound where there was absence.

13. VISUAL CONFLICT (“Fear-in-the-Neck”)

Theme: Seeing something unbearable—or fearing what’s coming.

Dual Perception

- *Avoidance side:* “I can’t look at this / I don’t want to see it.”
- *Anticipation side:* “I’m afraid of what’s ahead—I can see it coming.”

Biological Logic

Eye tissues and neck muscles respond by tension or visual field narrowing to block the perceived threat.

When safety returns, relaxation brings light sensitivity or blurred vision as circulation restores.

Common Tissues / Organs

Eyes, optic nerve, neck muscles, cervical spine.

Healing Expression

Watery eyes, twitching, visual distortion, neck stiffness easing.

Resolution Direction

Allowing reality to be seen as it is—neither braced against the future nor blinded by fear.

14. TASTE CONFLICT

Theme: An experience that “leaves a bad taste,” or longing for sweetness that’s gone.

Dual Perception

- *Repulsion side:* “This is disgusting / bitter.”
- *Deprivation side:* “I’ve lost what was sweet / nourishing.”

Biological Logic

Taste-bud mucosa ulcerate to dull or sharpen sensitivity depending on the emotional flavor being processed.

During healing, tenderness or altered taste appears.

Common Tissues / Organs

Tongue, mouth lining.

Healing Expression

Mouth soreness, changes in taste, increased salivation.

Resolution Direction

Reclaiming discernment—choosing what you “take in” emotionally and releasing what’s no longer palatable.

15. BALANCE CONFLICT

Theme: Loss of stability or orientation in life.

Dual Perception

- *Disoriented side:* "Everything's spinning; I've lost my footing."
- *Control side:* "I must stay upright—can't afford to fall."

Biological Logic

The vestibular apparatus and cerebellum adjust to recalibrate equilibrium during perceived instability. When the environment steadies, the body readjusts—often felt as vertigo.

Common Tissues / Organs

Inner ear (vestibular system), cerebellum.

Healing Expression

Dizziness, nausea, coordination changes.

Resolution Direction

Re-establishing trust in internal balance rather than external control.

16. IDENTITY CONFLICT

Theme: Uncertainty about one's role, belonging, or sense of self.

Dual Perception

- *Loss side:* "I don't know who I am anymore."
- *Constraint side:* "I'm trapped in an identity that no longer fits."

Biological Logic

Lymphatic and thyroid tissues modulate metabolism and self-definition; during conflict, energy drops to conserve resources.

Healing brings swelling or fatigue as regulation returns.

Common Tissues / Organs

Lymphatic system, thyroid gland, connective tissue.

Healing Expression

Neck swelling, sluggishness, emotional heaviness.

Resolution Direction

Living from authenticity rather than expectation—allowing the new identity to integrate fully.

17. SEXUAL CONFLICT

Theme: Violation, rejection, or confusion related to intimacy or desire.

Dual Perception

- *Shame side:* "Something about my sexuality is wrong or dirty."
- *Loss side:* "I can't express my desire / I've been rejected."

Biological Logic

Reproductive tissues adjust hormone and cell production to suppress or restore reproductive potential based on perceived safety.

Healing produces hormonal swings or tenderness.

Common Tissues / Organs

Genitals, prostate, uterus, breasts.

Healing Expression

Pelvic or breast sensitivity, hormonal fluctuation, libido changes.

Resolution Direction

Restoring sacred ownership of sexuality—connection without shame, choice without fear.

18. ODOR / TERRITORY-MARKING CONFLICT

Theme: Inability to define or protect one's space through instinctual cues.

Dual Perception

- *Invasion side:* "Someone's in my space."
- *Erasement side:* "I've lost my scent / my mark—no one knows this is mine."

Biological Logic

Skin glands and nasal mucosa shift secretion to strengthen scent markers or reduce detection.

Repair creates temporary odor or mucus changes.

Common Tissues / Organs

Nasal mucosa, sweat glands, bladder.

Healing Expression

Changes in body odor, bladder irritation, nasal discharge.

Resolution Direction

Reclaiming energetic boundaries—clear sense of territory without defense.

19. REFUGEE / EXISTENTIAL CONFLICT

Theme: Losing one's home, foundation, or place in the world.

Dual Perception

- *Exile side:* "I've been uprooted, abandoned, displaced."
- *Survivor side:* "I must hold on or I'll disappear."

Biological Logic

Kidneys and adrenal glands manage water and stress to ensure survival.

When safety returns, fluid release and exhaustion mark the repair.

Common Tissues / Organs

Kidneys, adrenals, water-regulation systems.

Healing Expression

Swelling, fatigue, emotional depletion.

Resolution Direction

Restoration of inner safety—feeling "at home" within self regardless of circumstance.

20. TOUCH / SEPARATION VARIANT

Theme: Absence or excess of physical contact.

Dual Perception

- *Deprivation side:* "I miss their touch; I'm alone."
- *Intrusion side:* "I don't want to be touched / it's too much."

Biological Logic

Epidermis and sensory nerves thin or desensitize during conflict to compensate for missing or overwhelming contact.

During healing, they rebuild, producing rashes or tingling.

Common Tissues / Organs

Skin surface, fingertips, lips.

Healing Expression

Eczema, hives, tingling, temperature sensitivity.

Resolution Direction

Balanced connection—touch as choice, boundaries that feel safe.

21. “NOT BEING ABLE TO ESCAPE” CONFLICT

Theme: Feeling trapped or cornered.

Dual Perception

- *Immobility side:* “I can’t get away.”
- *Obligation side:* “I can leave—but I’m not allowed.”

Biological Logic

Muscles and connective tissues tighten to contain energy during perceived entrapment; release brings trembling or weakness.

Common Tissues / Organs

Muscles, tendons, motor nerves.

Healing Expression

Spasms, cramps, trembling, sudden fatigue.

Resolution Direction

Freedom restored—movement chosen, not compelled.

22. FEAR + DISGUST CONFLICT

Theme: Revulsion paired with fear—something “sickening yet dangerous.”

Dual Perception

- *Repulsion side:* “I can’t stand this.”
- *Threat side:* “If I react, it might destroy me.”

Biological Logic

Liver ducts and pancreas adjust secretions to neutralize perceived toxicity.

During healing, bile or digestive fluid increases, creating nausea or digestive upset.

Common Tissues / Organs

Liver, gallbladder, pancreas.

Healing Expression

Digestive discomfort, nausea, bile reflux, changes in blood sugar.

Resolution Direction

Processing fear safely—releasing the emotional toxin instead of storing it.

23. “NOT BEING ABLE TO ELIMINATE / LET GO” CONFLICT

Theme: Holding on to what needs to leave.

Dual Perception

- *Retention side:* “I can’t let this go.”
- *Loss side:* “If I release it, I’ll lose everything.”

Biological Logic

Colon, bladder, and bronchial tissues delay elimination to preserve what feels essential.

Healing restores normal flow, often producing temporary over-activity (diarrhea, frequent urination, coughing).

Common Tissues / Organs

Large intestine, bladder, bronchi.

Healing Expression

Loose stools, urinary urgency, productive cough.

Resolution Direction

Trust in cycles—allowing completion and release without fear of emptiness.

SECTION 5 THE HEALING CYCLE

Your body doesn't act at random. Every symptom follows a rhythm—activation, repair, and restoration. When you learn to recognize this pattern, you stop fearing it and start working with it.

1 Conflict-Active Phase (Adaptation)

An unexpected, isolating shock registers.

The nervous system switches into survival gear—heart rate quickens, sleep shortens, appetite fades.

At the tissue level, the body adapts to meet the perceived need: it may grow, thin, stiffen, or go numb to help you survive the moment.

This phase often feels wired, cold, or restless.

2 Healing Phase (Repair)

When safety or understanding returns, the body reverses the adaptation.

Inflammation, swelling, heat, pain, and fatigue mark this repair.

What we usually call “being sick” is often this restoration work in progress.

It's the body saying, “The danger has passed—I can rebuild now.”

3 Healing Crisis (Peak Reset)

Halfway through repair, the system performs a short, intense surge to clear residual stress—fever spike, headache, dizziness, or strong emotion.

It's brief, purposeful, and followed by relief once the discharge completes.

4 Normalization (Reintegration)

Tissue returns to balance. Energy rebuilds.

You feel clearer, calmer, sometimes changed.

The psyche integrates the lesson and updates its internal map of safety.

The key: Don't rush the phases. Support your system instead—rest, hydrate, breathe, allow emotion to move. Regulation isn't the absence of discomfort; it's the capacity to stay present through the cycle.

SECTION 6 WHAT'S NEXT

Once you've identified the conflict patterns that resonate, the next step is living from that awareness.

Healing doesn't end with insight—it begins there.

REVEAL (Awareness)

Trace the moment your body first reacted.

Name the emotion or event honestly, without judgment.

Awareness itself dissolves half the charge.

REGULATE (Safety)

Support your nervous system so repair can finish.

Ground through breath, movement, stillness, or energy work.

Safety is the soil every form of healing grows in.

RECALIBRATE (Integration)

Let the new rhythm guide your choices—how you work, rest, connect, and speak truth.

Alignment isn't about control; it's the natural order that returns when you stop resisting your own timing.

Return to this guide whenever new symptoms appear or old ones resurface.

Each revisit will reveal a deeper layer of the same conversation between body and consciousness.

If you need support moving through it:

Explore the *Look Within Method™* sessions—

Reveal (Intuitive Reading) | Regulate (Energy Reset) | Recalibrate (Life Alignment Coaching)—

or join upcoming programs where we work through these cycles together in real time.

Your body already knows how to heal.

This guide helps you remember how to listen.

Additional Resources

To deepen your understanding of German New Medicine (GNM), visit:

- learninggnm.com
- The official educational site founded by Dr. Ryke Geerd Hamer and his colleagues.

It contains extensive original material, scientific case studies, and detailed explanations of the Five Biological Laws.

You may also explore these trusted learning spaces:

- The Look Within Method™ — lookwithinmethod.com
- Practical guidance and integration support through Heather Headley, RN, BSN.

The Daily Reset Group

- A community space for regulation, reflection, and real-life application of these principles.

Heather Headley on YouTube

- Educational videos explaining the biological, emotional, and spiritual layers of GNM.

Next: Continue your process in [The Look Within GNM Self-Healing System Workbook](#) to identify your healing phase, reflect on resolution, and track your progress over time.

Author's Note and Disclaimer

This guide was created through a combination of research, lived experience, and collaboration with AI-assisted tools to help organize and present information clearly. Every effort has been made to ensure accuracy and alignment with the principles of German New Medicine (GNM).

These materials are intended for education and self-awareness only. They are not a substitute for professional medical care, diagnosis, or treatment. Always consult an appropriate healthcare provider for medical evaluation when needed.

This work is shared as part of the Look Within Method™ to help you reconnect with your body's natural intelligence and support your own healing journey.

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