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# ALCHEMY OF THE BODY

PATH FROM PAIN TO WHOLENESS



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**Alchemy of The Body. Path  
from Pain to Wholeness**

«Издательские решения»

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A. A. Dukarev — «Издательские решения»,

Stress is not an enemy. It is care manifested through pain. What if illness is not a mistake, but a letter? The body is your guide. This book offers a psychosomatic method based on dialogue, not fighting. For those tired of treating symptoms and ready to hear their message. Find tools for self-exploration and healing. The method helped the author and clients move from struggle to wholeness. Stop being a victim. Become the creator of your health. Return home to yourself.

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# **Alchemy of The Body Path from Pain to Wholeness**

**Andrei Andreevich Dukarev**

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## **IMPORTANT DISCLAIMER**

This book is for educational and informational purposes only. It is not a medical guide, diagnosis, or treatment. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this book.

The author is not a medical doctor. The methods and ideas presented here are based on personal research, synthesis of various methodologies (psychosomatics, kinesiology, physiology), and practical experience. They are not intended to replace conventional medical care.

Symptom is a signal. Medicine can remove the signal, but only you can hear its message. Use this information as a map for your journey to yourself. Responsibility for the route choice always remains with you.

Remember: you are the Creator of your body. But sometimes the Creator needs the help of masters. Do not be afraid to accept it.

## INTRODUCTION. POINT OF ASSEMBLY

Stress is not an enemy. It is care manifested through pain.

I remember the morning that divided my life into before and after.

2009. I woke up and realized: I did not rest. The night was restless, like hundreds of previous ones. Pain in the joints — now the right leg, now the left — became the background I learned to live with. Doctors said: This is forever. Gout, arthritis, arthrosis are not curable.

I was exhausted. I could not walk faster than a few meters per minute — my heart stopped. My face was covered with inflammation, I was ashamed to go out. Neck vessels critically narrowed. Five concussions.

I was on painkillers until nosebleeds started.

And that morning, looking at the ceiling, I caught a thought: Dying would be easier. Than living like this.

But another followed: Nothing to lose. Why not try to climb out?

It was not just a choice of health. It was a choice of self.

Since then, I have gone from a round lump with thin arms to a man with a chiseled figure. I studied psychoanalysis, nutrition, body therapy. I collected methods like a constructor, discarding the excess, leaving only what works.

I realized one thing: illness is not a mistake. It is a letter.

Stress has long ceased to be a rarity. It is the background of modern life.

It masks itself as fatigue, anxiety, shortness of breath, headache, hair loss, hanging belly.

People fight it for years — coffee, sleeping pills, workouts, diets, vitamins, tests.

And still — nothing changes.

But what if stress is not an enemy?

What if it is not a breakdown, not weakness, not an incorrect reaction?

What if stress is care manifested through pain?

Kelly McGonigal's study at Stanford University showed: people who consider stress useful live longer. Their hearts work better, their vessels are more elastic.

Why? Because they are not afraid of stress. They see it as a resource.

This book is not an instruction.

It is a mirror.

It is not to teach you, but to return.

Return your right to be whole. Right now.

You are not broken. You just forgot who you are.

Let us remember.

## CHAPTER 1. THE ILLUSION OF ILLNESS

Symptom is not a breakdown. It is a letter you are afraid to open.

We are used to thinking of the body as a machine.

If a machine breaks — we call a mechanic. He changes the part, lubricates the nodes, and the machine goes on.

We transferred this logic to ourselves.

Headache — pill. Pressure jumped — dropper. Fatigue appeared — vitamin complex.

And when repair does not help, when symptoms return again and again — we feel powerless.

Doctors cannot find the cause.

Tests are normal, but I feel bad.

It is something hereditary.

But what if you are not a machine?

What if your body is not a mechanism that sometimes glitches?

What if it is a living feedback system that speaks to you in the only language available to it — the language of sensations?

## WHY ILLNESS SEEMS LIKE A MISTAKE

When we are in pain, the first reaction is to get rid of it.

It is an instinct. It is correct.

But often we stop there. We mute the signal without hearing the message.

Imagine: a Check Engine light comes on in the car.

You can tape it over. The light will go out. You will feel calmer.

But the engine will still run to wear.

Symptom is that same light.

It is not an enemy. It is an indicator.

It says: Attention. There is a conflict here. There is tension here. You are living not as your nature wants here.

When I faced this myself (as I wrote in the introduction), I treated consequences for years.

I smeared skin, swallowed painkillers, put droppers.

But I did not ask: Why do I need this?

As soon as I asked this question — the system began to change.

Not immediately. Not by magic.

But I realized: illness does not happen to me. It happens for me.

As a message of meaning for the mind and an attempt of adaptation for the body.

## THREE LEVELS OF REALITY

To see the illusion, you need to understand where we are.  
I suggest looking at the situation through three levels.

### 1. Physical level.

Here there is a body, organ, symptom.

Pain in the joint. Rash on the skin. Spasm in the abdomen.

It is visible. It can be measured. It works with doctors and tests.

At this level we treat consequences. And this is important. If a bone is broken — it needs to be set.

### 2. Emotional level.

Here live feelings we did not live through.

Anger stuck in the throat.

Fear that compressed the diaphragm.

Resentment that settled in the stomach.

The body cannot lie. If you say everything is fine, but rage boils inside — the body will take the hit.

It saves you from conflict, taking the symptom instead of an explosion of emotions.

### 3. Level of meaning.

This is the deepest layer.

Here lives the question: Why do I need this situation?

What does it teach me?

What part of myself did I reject that it now screams through pain?

Most of us are stuck at the first level.

We try to solve the problem of meaning with physics methods.

It is like trying to cure loneliness with a headache pill.

It will not work.

## **THE ILLUSION OF THE DOCTOR OUTSIDE**

We are used to looking for a savior.  
A doctor who will say: Drink this, and everything will pass.  
A trainer who will force.  
A partner who will save.

It is convenient. It removes responsibility.  
If the doctor is to blame who treated incorrectly — I am a victim.  
If genetics is to blame — I am a victim.  
If ecology is to blame — I am a victim.

Being a victim is safe. Nothing is demanded from a victim.  
But the price of this safety is life.

The truth is that you are the only one who can hear the body's message.  
A doctor can help fix the breakdown.  
But understand the meaning — only you can.

When I realized this, my position changed.  
I stopped waiting to be fixed.  
I started asking: What do you want to tell me?

## WHAT TO DO RIGHT NOW

This book will not give you a magic pill.  
It does not exist.  
But it will give you a map.

When you feel a symptom — do not run for medicine immediately (if it is not an acute case requiring an ambulance).

Stop for a minute.  
Put your hand on the sore spot.  
And ask:

- If this pain could speak, what would it say?
- What was happening in my life before this started?
- What am I trying to protect myself from with this symptom?

Do not look for the correct answer on the internet.  
Listen to the first response inside.  
It can come as a thought, as an image, as a memory.

This is the beginning of self-healing.  
Not struggle. Not war with the body.  
But dialogue.

You are not broken.  
You just forgot the language your home speaks.  
Let us remember it together.

## **CHAPTER 2. YOUR BODY SPEAKS THE LANGUAGE OF SYMPTOMS**

When words are powerless, the body speaks.

We are used to trusting thoughts more than sensations.

We can say: I am fine.

Smile. Nod. Continue working.

But the body cannot lie.

If fire burns inside — the body will become hot.

If fear inside — it will compress.

If conflict inside — it will get sick.

In the first chapter we agreed: symptom is not an enemy. It is a signal.

But the signal itself means nothing until you understand its meaning.

Imagine you received a letter in an unfamiliar language.

The envelope lies on the table. You see it. You know it exists.

But until you learn the language — you will not read the message.

You can throw away the envelope. Or burn it.

But the letter still remains unopened.

Symptom is such a letter.

It comes automatically. Not because you are bad, but because you ignored yourself for too long.

You wanted one thing, but did what was necessary.

You suppressed feelings to not interfere, not conflict, serve someone.

And the body became that same language on which the truth is written.

In this chapter I will give you keys to this language.

Not so that you diagnose yourself.

But so that you finally hear what you have been silent about for years.

## **THE BODY DOES NOT BREAK. IT REFLECTS**

Every state is not a mistake, but an accurate, apt word.  
With 100% accuracy.

Headache is not overwork.

It is a signal: I think for everyone.

Head hurts not from load. It hurts when a person bears responsibility for feelings, decisions and mood of others.

Vessels narrow. Blood flow redistributes.

And in this tension — the whole essence:

If I stop thinking for everyone — then what?!

For each of us there may be our own story embedded there. Find it — and the pain will disappear.

It is not a glitch. It is an invitation:

Let go of others thoughts. They are not yours.

Abdominal pain is not gastritis.

It is: I swallow what I do not want.

Stomach is not just a digestive organ. It is an indicator of truth.

When a person is silent to not spoil relationships, when swallows offense to not be selfish, when makes decisions that tear him from inside — the stomach compresses.

Not from food, but from what is swallowed.

It is a mirror:

You have the right to say no.

Heart pounds — it is not panic.

It is: I am not living my life.

Heart is not afraid of death, it reflects that a person forgot how to feel alive.

When choice is made from fear, not from desire, heart loses rhythm.

It reflects:

You want to have your own life, not live someone else's.

Hair loss, dry skin — not age.

It is: I stopped being alive.

When desires are suppressed, when necessary replaces want, when for years it is proved to the world: I am worthy of love — the body turns off luxury.

Hair are antennas of the soul. Skin is a mirror of inner light.

When a person becomes a statue, they lose shine, strength, life.

It is a signal:

You stopped being alive. Return.

Cellulite and edema — not excess weight.

It is: I look for support outside.

Cellulite is not about fat, it is about lack of inner support.

When a person looks for support in approval, in status, in relationships — the body loses tone.

Muscles under cellulite atrophy. Lymph stagnates.

It is a question of trust:

**You are your own support.**

## **BODY GRAMMAR: WHERE IT HURTS?**

In my practice there is simple logic.

The body is structured. Its language has grammar.

Right and Left.

Pay attention: where is the symptom?

— Right side — connected with society, career, actions, future, father, men.

If right knee hurts — ask: Where do I not want to move forward in career? Where am I stuck in the future?

— Left side — connected with family, emotions, safety, past, mother, women.

If left shoulder hurts — ask: What family obligations load do I carry? What can I not free myself from in the past?

Often both parts of the conflict are active. Therefore, even if only the right side hurts — read both options. The body is whole.

Top and Bottom.

— Upper body (head, neck, arms, chest) — this is the sphere of spirit, thoughts, communication, want.

— Lower body (abdomen, legs, pelvis) — this is the sphere of matter, survival, safety, must.

If problem is in the throat — it is about unspoken word.

If problem is in the legs — it is about fear of movement or lack of support.

Organs.

Each organ is a function.

Liver — processing, anger, plans.

Kidneys — fear, territory, boundaries.

Lungs — right to breathe, space, sadness.

Do not search internet for liver psychosomatics.

Ask yourself: What can I not digest in my life?

Answer will come more accurately than any table.

## HOW TO LISTEN?

You read the examples.

You may have resonated with something. Or not.

It is normal.

Universal keys do not exist. There is only your key.

Here is the algorithm I offer my clients.

It is simple. But it requires honesty.

### **Step 1.** Stop

When you feel a symptom — do not run for a pill immediately (if it is not an acute case).

Stop for a minute.

Put your hand on the sore spot.

### **Step 2.** Determine coordinates

Where is it? (Head, abdomen, back).

Which side? (Right, left, center).

What character? (Aches, stabs, presses, burns).

### **Step 3.** Ask

Aloud or mentally:

— If this part could speak, what would it say?

— What was happening in my life before this started?

— What am I trying to protect myself from with this symptom?

### **Step 4.** Find the phrase that catches.

When you read interpretation (like above about head or abdomen), one phrase will cause a response.

Goosebumps.

Compression in chest.

Thought: This is about me.

Remember this phrase.

It is the key to your inner conflict.

### **Step 5.** Do not fight.

You saw the cause.

Now it is important not to fight, but to understand and complete.

Say to the body:

I hear you. Thank you for showing. I will figure it out.

## **WHY IT WORKS**

When a person starts listening — the body stops screaming.  
It does not need to amplify the signal.  
You heard it the first time.

## **Конец ознакомительного фрагмента.**

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