

ILLNESS IN THE BODY

CLEARING THE ENERGY DISTORTIONS THAT COLLECT

I want to offer you a different perspective in looking at the structure of the body. Most of how we connect to our bodies in the modern world is through what we perceive as a three dimensional matter based body form. This approach can often keep us trapped and feeling quite helpless. Breaking the body down into categories can offer a lot of insight into the correction of the distortion of illness and aid in the deliverance of the state of suffering that we feel.



When a body's operations fail they can do so early on in life or these "energies" or distortions can build up over a lifetime. In my personal case I was quite ill from a small child suffering from a multitude of painful ear infections, chest infections and stomach disorders, alone with these illnesses I had a number of distorted thoughts that I remember vividly as a child.

So I do believe that it is important to offer both viewpoints as it would be logical as I digress into the various factions of the body that one would ask the question "If distortions begin from the mental state or in thought form - why would a small child be ill." From my experience I remember being very very small and having the perception of a great and pervasive darkness from almost my first memories - I would even go as far as to say I recall memories when I was inside my mother. These extremely dark visions were of a maze that was extremely confusing with many doors and extensive destruction and loneliness, also there was an extreme heaviness to these thought forms that was suffocating. I also saw many many wars and terrible things in my mind that I was not taught as a young child until I reached middle school.

Nonetheless, I would hide all of my stuffed animals in the closet and scream at the top of my lungs when a plane would fly over me as I had seen all the bombs in my small mind. I would often make the comment "too darkness" as I felt very strongly the absence of joy and warmth and light.

The reason I am sharing this is that often adults do not understand what may be going on inside the mind of a small child and may not understand the rationale.

I still do not fully understand the things I saw but I do not as I have begun to heal my inner vision, so my outer world has healed and my body has become stronger.



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When we look at the very basic structure of our human bodies and really anything in the world we can notice and we have documented through scientific discovery that it is merely wave patterns that hold up the more complex structured forms above. So it is important that we really learn the sensitivities of these wave patterns to heal from the bottom up. (As above, so below) this statement is a beautiful way to understand that what is the foundation of us is what will manifest in the layers above.

If we can clearly purify our thoughts we will remove many illnesses and much mental suffering as well. What we have to understand is that these emotional blockages, fears, burdens and bitterness give our very essence of what we are heaviness and block the opening of our heart and the instant feeling of joy.

When we are experiencing joy and love from the powercentre of our hearts there is a powerful magnetic field that is created. This unified and balanced oscillation of high vibrational energy has extreme healing effects on the body, mind and spirit.

There are other reasons that human beings create disharmony within the body and create a catastrophe for disease. Oftentimes when we feel trapped, or that our situations are hopeless we will begin to sink into a sort of bottomless physical pit. When we feel this energy of disempowerment and disharmony it first is felt on an emotional and mental level; that all too soon will take root in the form of physical pain.

It is important to note that our bodies are a chemical vehicle as much as they are a physical one and when we are creating thoughts in our minds and emotions to match these thoughts that our brains are designed to release certain corresponding chemicals out into the body. Chemical compounds related to stress, isolation, abuse, fear will cause the body to break down and things like free radical damage are not easily repaired. Also these chemical compounds weaken the immune system and open our auras and physical bodies up to attack.

If we wish to create the most efficient and enjoyable body system we can experience there is a detoxification process that has to happen on multiple levels.



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Mental Detoxification

When we think about the process of mental detoxification this is absolutely essential if we are going to affect the rest of the body and create permanent change within our systems. Here are some of the mental distortions that will lead to ailments in the body.

FEAR

When fear is present in the mind it will affect many of the body systems. Muscle tension and stiffness is a common manifestation of fear. Those individuals that also reside in this mental distortion will find interruptions in appetite including both overeating and lack of desire to eat. Also this state can lead to poor judgement and coping strategies that cause further damage to the body. These will include substance abuse or alcohol to numb the mental pain. Of course all body systems are integrative so with any of these prolonged negative mental patterns we can see interruptions in health.

BITTERNESS

Bitterness is a particularly difficult thought form to balance within the body. Bitterness and resentment can often show up with intestinal and gut issues as you feel that type of distortion right into the core of your being. It is important to focus on forgiveness within and to clear this type of mental energy from your system. Although it can require diligence, it will be well worth it.

ANGER

Anger and rage in the form of thought distortions creates tension in the body system and constricts the heart and circulatory system. Oftentimes Anger and bitterness are seen together and will manifest to form multiple forms of suffering on a mental level primarily and then will become noticeable in the world of form and matter. High blood pressure, heart issues, strokes and as well as digestive issues. Cancer can also form as part of the distortions. Although the physical mutations of cellular structures are equally present with any type of mental distortion, the more intense the emotional output from the thoughts, the more aggressive the ailment.

HEARTACHE

When the mind is spiraling into a state of lost love there are many issues that are common. Often loss of appetite or overeating. General pains all over the body and of course constriction of the heart and poor circulation. This can lead to poor nutrition and a host of other issues. It is important to note with heart ache or loss of love that love is all around you and it may be in a state of transformation, whereby the universe is bringing you a new manifestation of love. Try to trust the process and not fall into despair of any kind. What is essential when going through any matters concerning the heart to listen to high vibrational music, stay away from sad tones. Get out into the sun and try to exercise as much as you can. Practise gratitude for the friends and family around you. Above all, have faith that what is in-store for you is right and will unfold beautifully.



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GRIEF

When we lose those that we love we can fall into a mental state that is low vibrational and dark forms of sadness. This is common for the first week in the grief process. But when we allow this to take hold of our mental landscape and spill over into our lives it will lead to health issues. The chemicals and emotions that we engage in when we are in extreme grief are very hard on our body. When this type of pain sets in we can develop all types of chronic pain and interruptions in our physical systems. Remember that nothing can be created or destroyed and that all energy is in constant movement. Our loved ones have just transitioned into another state. That this is all part of the cycle of our soul's evolution. That loss also deepens the bonds of love and can open the heart to **know** love very acutely. Having strong spiritual practices and a core faith will allow you to move through grief and understand its teachings - so that sadness does not settle into your body system. It is important to know that what we love can never truly be gone, our loved ones will always be apart of us – and we'll meet them after this life of learning is done.

JEALOUSY

When we find our minds making thoughts of jealousy towards others, their physical appearance or what they have, what they are capable of or their talents – we damage the love we not only have for ourselves but the energetic bond we could or do have with the other person. This again manifests in a similar way in the body as anger does but will lead to many negative chemical reactions within the system that can damage overall health. To work through this type of distortion look and focus on your own talents and improving yourself. Do not compare yourself to others as this is a useless and wasteful pursuit. Everyone is on a different track of their own personal soul's evolution and therefore timelines vary. It is important to celebrate the success of others as you will feel less constriction in the body and your cellular structure will be more balanced and glowing. Practise open-heartedness, joy and love for all in your daily mental dialogue to ensure that jealousy does not creep up on you.

HATRED

One of the most damaging thought forms or mental loops that we can create within our emotional bodies and our neural networks. This occurs when in every cell and corner of our being we repel and create targeted darkness towards another. Within this there is no compassion, no understanding, no mercy. This unfortunately hurts our own being more than the object of our hatred. It compounds without our biological system and will create havoc on all levels within the body. Especially with the brain and heart centres as it takes an extreme amount of life energy to reside in the energy of hate. Do your best to dispel this form of thinking and emotions that come with it. As the fallout will be dire for your body systems and your health. Try to envision forgiveness and understanding instead directed to this person. Even if the person or event has been hard on you, remember that you never know all the pieces and parts that may have created such a scenario. Peacefulness within oneself will always create balance in the body's systems. Even if your reason for letting go of hate is for your own healing it will help to unburden your physical pains as well.



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HOPELESSNESS

Oftentimes obstacles in our lives can seem overwhelming and we just do not have the answers. We can become hopeless and we can get into a form of thinking whereby we want to give up. This can also be termed depression or a low vibrational output from our mental and emotional body. Hopelessness can manifest as weakness, frailness and a loss of muscle mass. Hopelessness and sadness are often partners in their outward expression. If you are seeking to undo this type of mental patterning try helping others. When we focus on lifting others up we can begin to reintegrate our own happiness through the reflection of their joy and healing. When you heal others you will begin to heal yourself. So a great option is to get a pet to care for. Getting out and volunteering, reading and watching inspirational stories. Taking small steps that are progressive like cleaning the house and getting a routine established. Joining a group like attending church or outdoor activities. Also lowering your expectations and just being grateful in the moment. I myself find that infusing silliness into life helps a lot. Just giving yourself the permission to be fully goofy will lift the sense of hopelessness.



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Physical Detoxification

When we think about the process of detoxification on the physical level there are many opinions about the best way to achieve this. Without getting too complex I will cover some of the simplest ways to clean out your body and cellular tissues.

YOU ARE WHAT YOU EAT

This seems simple but we all need constant reminders. Keep your food as clean as possible. When it comes from mother nature it is ideal for you in its truest form. Whole based foods, vegetables, fruits, grains, nuts, seeds. Organic and free from chemicals and modifications is ideal. Our bodies are not very good at properly breaking down a lot of man made "foods". I prefer a vegan or vegetarian diet. It is easier on the body, and easier on the planet. The elements of a vegan diet will allow your system to be lighter and digestion to be more rapid. This results in a higher metabolism in most cases. Also that which grows through photosynthesis is a direct transmutation of light and therefore very high in energy and a vast array of vitamins and minerals.

ADD QUALITY SUPPLEMENTS

Natural supplements are a great way to supercharge your system and immunity. High quality vitamin B complex, Niacin to support brain health, Vitamin C and D in high levels. Zinc in combination with Vitamin C. Magnesium for the nervous system. I also take my omega fatty acids, Lysine as well as a medicinal mushroom compound that is composed of all of the traditional medicinal mushrooms. Being that I am mostly vegan, I do take a daily iron supplement as well as Vitamin B-12. A powder-based multivitamin is great to add to smoothies each day as well.

EXERCISE TWICE A DAY

This can be a simple walk twice a day or a combination of the gym, cleaning your house, organizing. But you have to move. I find the less I watch TV the better. That is why I love Podcasts. I can listen and learn about the world or get my updates through my headphones while I am working in the yard, exercising or cleaning. On the weekends or evenings getting out into nature will really improve your health.

HYDRATION

Keeping your body hydrated is so connected to everything that we are and to life itself. It is essential that throughout the day you drink a minimum of 6 glasses of water. I love hot water with honey for breakfast, herbal teas with vitamins, minerals and antioxidants throughout the day. No caffeine and no coffee so that my systems are always in perfect hydration levels. This will also lead to a good level of mental clarity. When we are mentally clear we are able to handle all the tasks of the day with ease.



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SLEEP, MEDIATE & REST

We all require time out. It is essential that as part of every day you take quiet time and ideally a few times a day. Where you allow your brain to rest. Social media would not count and far too many people opt for "scrolling" instead of true mind rest. This could also be termed as mediation but truly it is just when we do nothing in particular and our attention is allowed to wander in a quiet balanced void. In other words, take time to do nothing! When it comes to sleep and time for bed, if you allow yourself time to mentally wander in the day, and you take time to exercise and be active you should be ready for a restful night's sleep once dusk begins. There is a mechanism in your brain that is triggered by the dimming of the sun in the sky that will trigger the release of chemical compounds that prepare your brain for rest. When we look at bright devices and Television we interrupt this cycle, so try listening to audio books, talking to friends and family or reading a book instead of TV – your body will thank you and you **will** sleep better.

CAFFEINE, ALCOHOL & DRUGS

In the case of all of the above three, each will affect the system in different ways in terms of imbalances. It is important to note that some small benefits may be seen when needed in terms of microdosing for certain situations. But this would be a topic for another discussion. When we ingest high amounts of stimulants like caffeine or drugs our nervous system is thrown off balance and will struggle to recalibrate and keep our physical systems running smoothly. In the case of stimulants we can see dehydration of the body as well as diuretic effects. This lack of water can lead to irritation, confusion and sleep imbalances. Also an inability to handle stress and obstacles in a calm and collected manner. The primary reasoning centres of the brain become fragmented and distorted when an equilibrium is breached. Alcohol and other depressant type drugs will deplete mental alertness and our general functioning and mental acuity. When we are introducing these distortive elements into the body we are causing just that - a number of distortions in the everyday functioning of our systems. Depressants can lead to sadness and irrational thinking that is brought on by the substances we are ingesting. What we take into our bodies should always be restorative and life giving not depleting. Everything in moderation. Addictive behaviours are usually a sign primarily of mental imbalance and a disconnection of spirit. When we begin to heal the mind and basic principles of thinking we will not need to escape our lives. We will enjoy living so much that no escape would ever be contemplated.



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SOUND

The sounds that surround you are so important to your physical health. As everything in the universe is vibration, we can use vibratory tones to also heal our inner world. I listen to calming music all day long with no words so that I can gently support my neural networks and patterning with high vibrational energy coming in through my hearing centres. It is easy to make beautiful thought forms when the tones you hear are gentle and loving. I also do not enjoy harsh sounds or chaotic sounds. I like coherence and my brain is very creative and joyful when I have these tones that pervade my space. Also take time to bathe yourself in silence. Silence will allow a deep calm to enter your aura. Distance yourself as much as possible from harsh words, tones and frantic energy for optimum balance and body healing.

TOUCH & PHYSICAL INTERACTION

It is essential that all forms of life have connective bonds. For us as humans, closeness and touch are extremely important. We calibrate to the energy of love through our senses and we can not forget the sense of touch. This is why isolation can be so difficult. Kind and gentle human touch is so healing. This is also why violence or abuse can be so damaging in the form of physical aggression - as touch is so powerful. If you are at a distance from loving touch I suggest things like massage. Attending a spa is something that can be a beautiful way to connect in times when touch is not easily accessible. Taking time to hug those you love and get close is very important to physical and mental health. Especially for elderly people. Make sure you make time to give physical hugs and warmth to those that need it most and that are most vulnerable to isolation. Touch is healing as it is a direct form of transmitting the vibration of one's heart to another.

THE VISUAL ENVIRONMENT

The effects of what we see on our physical well being is actually quite great. This is why we can be so full and whole when we are in the beauty of nature. Ensure that you focus on creating symmetry and balance in your work and home space. A clean and organized environment will help you to feel healthy. When your space is in chaos you will feel unbalanced. Colours are also powerful. Try filling your world with beautiful tones and metallic accents that will delight your visual cortex. Plants also help to bring life and energy to any space. Stay away from darkness and brighten up your space. You will find that it has a direct reflection on your health and how you feel. Open up your windows and let in the light.



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Spiritual Detoxification

When it comes to the purification of one's spirit and the cleansing of the aura and karmic baggage there are a few simple steps that will lighten your step and help you feel closer to the highest expression of your soul.

CORRECT ALL PAST MISTAKES

If there are things that you can correct and set straight make all efforts to do so. Sometimes these things are very difficult but doing so will allow mental bandwidth for personal ascension. Here is an example: if you took money and no one ever found out. Pay that money back to the person and come clean about your mistake. Or maybe you lied about something that caused undo chaos, write that person a letter and try to correct whatever the distortion is. The larger the disturbance you created the harder it will be to fix, but also the larger the weight you are carrying so this unburdening will allow your spirit to feel free and proud of your corrective action.

APOLOGIZE FOR WRONGDOING

When you acknowledge that you acted in poor taste it is a way of owning up to your part of any distortion. When we say "we are sorry" there is a corrective action that does occur in the energy field. The person or people you hurt may not be ready to fully speak or forgive but the first step has been taken in the healing process.

DISSOLVE ALL JUDGEMENTS

When we judge others we create a distortion in reality that is not accurate or in balance. Within our own mental landscape we must dissolve all judgments we have of others and therefore we can also dissolve all judgments we have towards ourselves. This is the beginning of mental freedom. A very powerful step towards inner peace. Forgetting the need to create categories for others and placing some above and some below. All life is equally important to create a the hole ; all parts are required to be honored in their entirety. Dispel within yourself the need to create a mental hierarchy of the value or apparent lack of value in others. We see this often manifest in how human beings view animal life. This distortion is entirely incorrect and has led to the mass destruction of nature with little regard for its value. When we perceive all life forms as ourself we honor and protect all life. Remember love always protects.

LET GO OF DOGMATIC RULES

When we begin to realize we are all one than the tiny nuances of rituals and metaphorical stories seem foolish. They should not be the choice points by which we separate ourselves and cast out others. We need to see unity in everything and love for all. There is only one human family and only one earth that is our home. We are blessed to share it with a vast array of life forms that all need our protection and care. Letting go of constrictive dogma opens the heart and allows love to flow freely to all beings in the world. This simple task will lighten your vision and create a balanced perspective within and without that will flow outward in cascades of positivity and life giving energy to all living things.



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BEND LOVE TO YOUR WILL

Love is the magical energy that we can not explain. It will appear in the most curious of places and will manifest in the most unique and mysterious ways. You need to let go of the reins of life and trust that love will upfold for you in this supernatural way. When we try to cage love or demand of it – we snuff it out before it can weave its beautiful spell. Love is not an energy we can articulate, it must be allowed to dance its wild dance. One of the most powerful things you can do in the purification process of the soul's nature is to learn to trust. To let go and let that eternal energy that created all that is create something beyond your wildest dreams. See far too often you have tried to control everything around you and this tense and oppressive energy has blocked the flow of the divine nature of life. Simply allow yourself to be lived....go with the wind and fall back onto faith. Trust me magical things will start to appear in your world.

REGROUP YOUR SPIRITUAL SIGHT

Start to look for the beauty in all things. Smile more often at what life is teaching you. Go forth and follow your heart and let it guide you. When you begin to see all things through the eyes of love you will notice an innate beauty about all that surrounds you. "Stop and smell the roses" – or in other words notice the incredible nature of all that exists. Become fascinated with life and the very creation you are experiencing. Fall in love with beingness and you will reach the point where you cross over into a kind of personal heaven: mentally physically and from the core of your spiritual essence.

