

Bridge of Light
Holistic Health

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Spiritual Medicine

A Guide Book to Light



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This book is dedicated to the Light and to those in physical incarnation who have joined me on my journey thus far.

And, of course, to any who may wish to adopt a holistic approach to life on reading this book. To facilitate this, this manuscript is written in an approachable style.

With special thanks to Vanda Bingley who has dedicated her life's work to working with patterns of addiction and whose understanding of addiction has contributed to Appendix B.

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Biography

I gained my medical degree from the London Hospital Medical College, University of London, and underwent further training to become a General Practitioner. Whilst working in General Practice I began studying holistic approaches to wellness and health, in particular seeking root causes of disease and dis-ease prevention from a holistic, metaphysical perspective.

During my years as a holistic medical practitioner, I, like all medical practitioners had the privilege of receiving and caring for many patients with emotional and psychological ill health, as well as patients who presented with physical problems. I also received adults and children who suffered from the autistic spectrum, neuroatypical disorders, but who had not been diagnosed with autism.

Whilst in General Practice my colleagues agreed to trial a holistic clinic to run alongside the general medical surgeries. This combined approach of allopathic and holistic medicines was successful and complementary to each other with positive outcomes for patients. The trial became permanent and continued long after I resigned from General Practice. I have also delivered training courses for therapists including holistic reflexology, crystal healing, massage and soul recall as well as specialised therapist training for the autistic spectrum of disorders.

My aim in writing this book is very simple. It is to relay my experiences of providing holistic care and healing under the banner of Bridge of Light, so that medical and holistic health providers may help themselves and their patients on their individual paths of healing. It is to offer medical professionals an awareness when their patients seek, or require a more holistic, spiritual approach to their healthcare. The awareness that when a level of understanding of life experiences received, the experiences accepted, then healing may begin. And most importantly to offer everyone an understanding that true healing is a journey of many lives and experiences to wholeness of body, mind and soul.

Foreword

The Light has faded and is now gone. One more breath and the Light now shines again. The man stands upon a Bridge of Light and the man walks effortlessly on the Bridge of Light and as he does so, he becomes ever lighter, freer and more at peace. He walks upon the rainbow colours that make the bridge. He looks behind

at the scene of his hospital bed. The nurses, the doctor, his relatives and his body are all there. He notices now that the bridge upon which he walks, begins at the bed he occupied. He was not aware of the bridge while he lay there. When he breathed to this place, he found himself upon the bridge. He notices as he walks, that he has discarded the pains and aches that had been his companions during his illness and his fears and worries have been left by his bed. The sad emotions are colours of Light - the colours of pain and emotions are heavy as were the source of his distress, pain and anxiety. He smiles at the people by his bedside. He reaches and touches them from where he stands. They are unaware of his touch or his presence. He leaves a part of his newly found freedom with them – he leaves his energy, his love, his colours of Light. He turns and walks upon the bridge, feeling light and free to continue his journey. The Bridge of Light guides him and there he is met....

Introduction

There once was an ugly duckling.... which became the most beautiful of swans. The story written by Hans Christian Anderson could be a metaphor for the soul journey.

Spiritual Medicine is a guidebook, which will help you to become that beautiful swan once more and to remember that in the beginning of your life, you were that beautiful swan. Journeying through time and space and experiencing life, the swan became damaged, hurt and ill. Later, in remembering and yearning for the beauty of the swan once more it started its return journey, visiting all the experiences that had caused it to feel damaged; seeing and feeling with the eyes of the swan's original beauty and so healing the hurt and pain that it felt.

This book is a project that I had been undertaking for many years and it has reinvented itself many times. As the swan described above, I was never happy with it. The original manuscript was lost, and many other ducks wanted to offer advice on the subsequent texts and offer help in typing the script - none were successful. My swan was to be realised and now could be, through the journey of this book, which is mine. Sitting with that realisation the swan elect did nothing, until time was gifted via the enforced lock down during the Coronavirus pandemic of 2020. The pandemic allowed all ducks to contemplate their own swans in whatever sphere of life they wished and some ducks like mine may have accepted the challenge of the journey.

Much of what I have written has been gathered and placed in the memory and mind of my being through many avenues (and lives) mostly through intuition received during meditation, or from the practice of both orthodox and holistic health approaches to medicine, health and wellbeing. These were my formal and informal teachers. I embarked on holistic training by attending courses at The Alchemy Foundation, which then became the Light of Hope Trust, The Rainbow Light Foundation and The Sunflower Apothecary, where I received a fount of general metaphysical understanding and experiences. I received my understanding of aromatherapy and its physical and spiritual applications through the Yorkshire School of Natural Medicine and of crystals through Crystal Earthworks and Emerald Fusion. Metaphysical medicine ignited my interest many years ago and since then I have read extensively. I have since passed on my source books, articles and materials, so regrettably I cannot give you a complete bibliography and suggestions for further reading. It is without doubt that some of

this information will have found its way into my text. If the source of the reading materials is not mentioned, please accept that this is not intentional.

The following text has come about from my own journey through life, from my own experiences and from working within medicine and seeking metaphysical knowledge combined with a greater proportion of knowledge and understanding received through meditation. The text is limited only by my own clarity of understanding, the intuition received and by level of spiritual evolution.

It is for those who wish to heal and be healed and to understand from where you have come, where you may go, whom you truly are and what your soul aspires for you.

Above all, I have written in humility and gratitude to my Masters and friends in the Light, my parents, my son and my friends incarnate who are travelling with me on my journey on earth this lifetime. I dedicate this work to the Light that resides within all mankind.

In many languages and traditions, the soul, although genderless, is usually referred to as a feminine noun. In the following text, I refer to the soul as feminine.

The book is divided into four parts: -

Part 1: The Soul Journey

Part 1 discussed the journey of a soul from pre-birth to Light, her time of incarnation and subsequent return to Light. It explains how a soul is given many opportunities to evolve at whichever rate the soul wishes, and that the soul alone is in control of all of her decisions and actions whilst incarnate; and how these decisions affect the physical, emotional, mental and spiritual aspects of wellbeing. It is written in the style of a fictional story.

Part 2: Metaphysics of Disease

Here, explanation is offered to some of the root causes of dis-ease, and how to prevent further soul pain which manifests in the human condition and form. It also discusses ways to improve the health of the physical and spiritual aspects of the soul and so advance the soul journey.

Part 3: Holistic Healthcare

This deepens the understanding of self-help techniques to alleviate ill health and disease and so strengthen the journey to full health and light. It is by no means complete, either in modality or the depths and width of the therapeutic avenues being discussed. This part is merely a stepping stone for the individual soul; and the therapeutic approaches discussed are those that I have a deeper familiarity with. Every soul will find her own way if she seeks it. The only caution is to feel secure and safe with the therapist and the chosen healing approach.

Part 4: Alchemy in Practice – Short Case Histories & Anecdotes

Here, I explore some of my personal experiences in everyday practice. They describe a step or two of a soul's journey which may or may not have led to a cure but most certainly to a healing - an alchemical change within the soul's make-up and her reflection in the body that is her vehicle for life. In this sense I use alchemy to describe positive change, changing the "lead" of previous, actions, thoughts and habits into the positive "gold" of better and more pure choices for the incarnate life and journey to Light.

APPENDIX A – Autism

Here, we discuss autism and its related disorders and how these disorders precipitate in the physical form. Case examples illustrate the effect of a holistic approach and a healing for a number of these conditions.

APPENDIX B – Addiction

This addition to the original manuscript has been offered by Vanda Bingley who has a deep understanding of addictions patterning from a soul perspective. Again, case examples illustrate the journey of sufferers of addictions.

PART 1 – Soul Journey

His story

He sits in the graveyard at the foot of the stone. The pain he feels has been exacerbated recently and today it is as intense as when she died, exactly one year ago. He places the daisies – her favourite flowers - in the ceramic vase at the white marble stone. Daisies, she would often say, are the simplest of all flowers, depicting the sun's yellow core and the white light rays emanating from the sun in all directions. The variety he had brought with him were much taller than the short stemmed which grow in the lawns of green grass. The ones that are thoughtlessly picked so the petals may be torn off – she loves me, she loves me not. She loves me... he realises that he has played the petal game with one of the flowers he had brought. So, a 50% chance of her loving him. As a scientist he knows this was absolute nonsense but as a grief-stricken husband this game is a lifeline to getting up and to continue living...

His mind wanders to that day one year ago as it so often did and with that came all the guilt, pain and hurt. The questioning and the innumerable 'what if's'. He tries to stop the images and thoughts but they, like unwelcome guests having appeared, stay and cause disruption in their wake.

They were medical students and met the first day at medical school. The typical love at first sight that neither believed nor had experienced until then. Their relationship was very intense from the beginning. They completed each other. Against the wishes of many, tutors; family; they married four years after meeting, as they were about to embark on their fifth and final year at medical school. It was a very low - key wedding attended only by their closest friends. They had a simple registry office service and a celebratory meal at their favourite restaurant, which was conveniently situated on the ground floor of their apartment building. The owner knew them well and joined in the revelry by gifting them an expensive champagne for the toasts.

It was a beautiful day, full of sunshine and love and now they were readying to go home; to begin their final years of training the following day. How could life be any better? Leaving the restaurant, he turned to answer the last teasing and congratulatory remarks from their friends when he heard her shout 'NO! STOP!'. Spinning around and running from the restaurant, she was already in the road. She threw herself into the path of a child who would have been hit by the

oncoming car. Instead, the car hit her. He ran and knelt, unaware of anyone or anything but her pulse free neck, her still chest. Death was instant.

He does not recall much after that. Things still reside in a blur of shock and forgetfulness. Experiencing the grief and observing himself from a distance he managed to somehow get through the coroner's inquest, the celebration of her life that her family had organised and the cremation. The ashes were placed in a garden with a small headstone; in the cemetery they used to walk through on the way home from hospital. He had very little input in any of that, yet grateful that her family took over, but he was so aware of the pain which they felt that he had inflicted upon them. He did not care about that since his own grief was consuming him. After the cremation and his observations of his own three weeks grief reaction - going through the phases of grief reaction as he had learned in his studies - he was angry that he was so 'textbook'. Their relationship was not so; it was special, unique and intense. Why then was his grief so normal? After three weeks, he noticed that grief, pain and missing were still there, as was solitary crying but there was certainly a lightening. A lightening of what though, he was unable to discern and this slightly better outlook on life felt like a betrayal of their shared love, life and laughter.

They were both above average students in their year but did not excel. They were content to be slightly more than good enough; to look things up they could not commit to memory because their time was precious with each other. In his final year, he threw himself into his studies both for him and for her. The above average medical student qualified top of the year. He had studied and now he would work and advance his career in medicine for him and for her. And now, a year to the day, he was armed with pain, loss and a medical degree.

Their friends invited him to share their celebrations, but he did not wish to, as he had not joined their constant flow of invitations throughout the last year. He had two weeks leave before he began his first stint as a very junior medical practitioner – a Houseman in a very sought - after surgical firm at his hospital of study. There was no great joy in this, no sense of achievement. It. Just. Was. Was he supposed to live like this the whole of his life? How long would that be? Why did she have to die and leave him so bereft? How would she have lived and reacted this last year if it was him who had saved the child? He stayed in their home for two weeks, a victim of his own pain, angry that she had left him and confused because he had moved on from the acute loss of her, before he began his first paid medical work. He was angry at the hand life had dealt him. Angry at the driver of the car, the

child, the parents of the child. He did not realise until now how deeply he had buried his feelings.

He remembered the inquest; the feelings of compassion for the driver of the car, accepting the tear given apologies from the child's mother. He had compassion then. He thought the sentence received by the driver was unfair, too severe, but now he was angry...and hungry. Subconsciously, he walked to the restaurant and there ordered their best and favourite meal. The owner insisted that the dinner was complimentary as was the wine that had not been ordered. No champagne today. He ate mechanically. He was hungry but he did not taste the excellent food, which had received special attention in its preparation, when the owner had told the chef for whom he was cooking.

Her story

One year ago, she was so happy. It was the most perfect day of her life. She had just married the man she loved. She had declined to throw her beautiful bouquet of daisies. Theirs was a simple celebration, much to the annoyance of her wealthy parents. They had decided not to attend the Registry Office and insisted they would host a lavish post wedding party. They were ready to leave, and he turned around to receive some well-wishing and final wedding advice from their friends who had not yet married. Going home together for the first time as husband and wife and soon Doctors to be.

She recalled the slow - motion vision of the child running from his mother into the path of the red car. She remembered shouting, running and hurling herself into its path and throwing the child aside with the weight of her body. Was she aware of the impact? She was not sure... She was looking at her broken body from above, looking at the car, the driver, the child. Looking at him kneeling, crying and knowing he would not hold her in his arms again. Dying – for she knew she was dead – did not hurt. How could she think this? She was dead! In dying, she had answered the one question to which many wanted the answer. Life does not end with death because she could see, think, feel and know!

Disbelief and shock engulfed him totally; he looked up to her hovering above her broken body. He could not see her, he could not see that she was beautiful, shining, not broken, not feeling physical pain. He could not feel the most deep and pure love flowing from her towards him. This flow of love she could now see was expressed in colour, the deepest and purest of pinks. He could not feel or see

the compassion and love she felt to all others involved at the scene of her death – their friends, the restaurant owner, the customers, the driver, the child. She was speaking to him, but he could not hear. It was interesting to observe that speech was also expressed through colour and sound, but not words. The sounds were of such high frequency that the ‘*living*’ could not hear. She was telling him that she was well and that he would be too. She pleaded with him not to be afraid, not to hurt or be angry for too long. Do not become a victim of this experience. We will be together in one year. I will meet you in one year. Remember, one year.

How did she know this? She knew so very much. She could see with much more clarity. How could he not hear her? She felt a love of such great purity and intensity that she allowed herself to be gently pulled towards it. There was no conflict in leaving him, a little sadness but much compassion and love. And she went into the white light to be met by long lost friends and to continue her journey of life. For she was certain of one thing – she was not dead and was most definitely living with a much-expanded awareness.

Reunion

The following day, after his first as a qualified doctor, he came home, bathed, poured himself a beer and sat looking out of the window, staring at nothing, unaware of what was going on in the world; the other side of ‘pain’. He found himself once more at the road kneeling over the broken body of his beautiful wife. He looked up. Stunned because there she was. Stunned because she was shining. Stunned because she was more stunning, more beautiful than he could remember. She was radiant and through the radiance he could feel the love flowing from her to him. He heard her speak, not with her voice but telepathically. The quality of her voice - still and gentle, filled the words he heard in his mind, like a soothing phrase of music that calmed him and brought peace to his breaking heart. He heard her say, “I am well, and you will be to. Do not become a victim to your pain, to my going on. It is only for a short time, and we will be together in one year. I will meet you in one year. Remember, one year”. She gave a final beautiful smile and drifted into the tunnel of white light, her voice following.

He felt dazed and disorientated. What had happened? Had he experienced time travel? What was going on with his mind? Was he hallucinating? Was this grief ever to let up? Should he be admitted to the psychiatric wing - on the day he qualified as a doctor and landed a prestigious house job! He had no belief in an

afterlife. He was, until this moment, a practical scientist...but he willed his awareness back to the scene he had just left.

If she was saying this, had said this, why could he not hear then? Why now? He was there, looking up at her beauty as she began to recede from him, drifting into the white Light. And from her chest, the deepest and purest of pink lights was being directed to the centre of his chest.

And then the pain, shock, the anxious faces of those around him were now back in his focus, his mind seeking their attention. Now, he was looking for her amid the shock, amid those standing over her body. Where was she? All he could see, and feel was the broken body on the road.

He realised he was now back in the room, nursing a beer staring through the pane of the window, except now he did feel and hear her. She told him he had not been able to process and assimilate the experience of her passing into his conscious awareness. The shock had disrupted all his normal perceptiveness, his ESP that many doctors are gifted with and use unknowingly in their daily practise.

Did that happen one year ago? Had he seen his beautiful shining wife and lover and friend, send a pink cloud of Light to his heart? What now? A year to the day. If they were to meet again, was he to die and be with her. The thought did not worry him. He began to observe the cars in the road. Which one should he run into? Absentmindedly, he left the apartment and made his way to street level. The restaurant was closing; the owner waved to him and made for his transport home. Still contemplating what kind of car should hit him, he noticed the restaurant owner being attacked by a gunman. Unthinking, he ran between the attacker and the owner and took the bullet in his abdomen. That was easy.... but where is she? Where is the white Light, where is the pink beam? And blackness.

Ow! So, this is how an intramuscular injection feels life? He was aware of his newly qualified friends about his bed, but his awareness was blurry, not clear. Words, parts of sentences and conversations. The occasional feel of a hand on his body, of fingers on his hand, or leg. He pieced together that in fact he was not dead but very much alive. Lucky for him - he underwent surgery and was in ITU now. That's great, thanks for the update, but where is she? He once more drifted into nothingness, at least this time it wasn't black. He felt her in the nothingness, and there she was. Her face, the smile, the radiance and beauty that he could not be able to describe, for he did not have the poetic vocabulary. Not just him, no poet, no writer could describe this beauty, this intensity, purity and love. She became much clearer in focus, his vision sharp, not like the drug induced slurry

edges he felt when aware of his friends around the ITU bed. He was able to hear her in his mind, her soft gentle words as soothing as before he was hit by a bullet. His focus of attention had wandered, and he returned it to her words.

‘I told you, one year. We have much to do and only a short time in worldly measurements, but you will never again feel parted from me’. ‘Am I dead’? he asked. ‘No, but you are travelling in another dimension. Look! The umbilical cord of Light – it is known as the umbilicus. It is attached to your physical body. When I was hit by the car, mine was severed. As the mother and child are connected in utero by the umbilical cord, your body is attached to the other dimensions of your being by the umbilicus – umbilical cord – of Light’.

“Do you wish to know my journey this last year of time as measured by the world? I have watched yours, while still experiencing mine. I have watched your successes, your achievements. I have felt your pain. I desperately tried to speak and communicate with you, but you could not hear. The shock of my leaving the physical body and passing to lighter dimensions affected your body and energy field. Energy field, yes, I know how we used to mock those who would mention auras, holistic and energy healing. The shock of my transition affected your body and your energy and fragmented it. It was so torn and fractured that you could not hear. The distress and fractures attracted other distresses and fractures, compounding the original tears.

Eventually, your energy began to settle, to repair, and I tried to speak with you again. However, we were not ‘contracted’ to connect once more until this time. Although you did not need to have an accident or a near death experience for this to happen. Our meeting again was ordained”.

So, she, her true self, was looking down at her body one year ago. There was no pain, only peace, serenity, love and ironically joy! How could she be joyous when he was in such distress kneeling by her broken body. Yes, she had saved the child but had caused him immeasurable pain.

The white Light, the tunnel, really! A figure of such benevolence was appearing from the tunnel and reaching out to her through thought. ‘Tell him, you will meet in one year of the world’. The pull to the figure was great; the pull to remain was less. Finally, the conflict was over and the great peace that enveloped her helped her to make her decision to travel through the white tunnel after her promise of meeting me in one year. Yet how did she know?

He could understand why she followed the figure. Her descriptions of those few moments after her physical death were illustrated with such beautiful colours. Feelings that he felt he too would follow the figure. But he was stuck with this umbilical cord of energy attached to his body.

She was laughing. The laughter sounded like perfectly tuned bells clothed in colours. She knew his thoughts even as she was describing to him the moments following her death. She continued travelling through the tunnel. The deepest expression of love was felt by her. She was met by many figures, all of whom emanated purity. She did not think that she could contain such depth of feeling and beauty. She followed these figures, and she was taken to a hospital. 'You are here to heal and repair your energy bodies from your journey of physical incarnation'. Her energy bodies, she was told, were the vehicle by which she was now feeling, sensing, knowing and communicating. Perfect replicas of her physical body, broken as was her body, but just so refined. She could almost hear the vibration of the energetic waves that made up her energy bodies, buzzing gently with harmonious notes and then a sharp discordant vibration. These sounds were clothed in colours. Her energy was a wreck! Whilst in this hospital, she was reunited with many friends of old, the doctors of her soul, who began to repair and balance her emotions, her thoughts and her most intimate spiritual energy. She was compliant in this and did not resist, as they talked with her through the whole of her recent life experience.

Recent life experience? She had lived many lives and often had been reunited with fellow travellers in any life that she had experienced. These doctors who called themselves Soul doctors, took her on a journey of her current life and discussed each thought, action and decision she had taken and how these had affected her energy bodies. Once she understood the effects of these actions and interactions of hers, with both herself and others, her energy could then be balanced, cleansed and mended. Fixed just as a physical body was cured and mended from any disease or injury. The tools and instruments that these Soul doctors used to repair her energy bodies, as she was continuously engaged in experiencing and understanding the physical life that she had just left, were beams of Light – such fine, sharp lasers that the most renowned scientist incarnate could only ever dream of seeing. She began to feel strengthened and renewed. Some of the scars that remained from her previous life could not be repaired, though they had been acknowledged and understood. She was told that she may have to live through those or similar experiences again in a physical body, and others may be erased as a dispensation as she continued to work in the realm she was experiencing now. Work! Death is busy, not the eternal rest spoken of by so many.

And so, to convalescence. Here she chose to observe with the friends in the Light (for that is where she understood herself to reside - everything was Light) colours of Light she knew and others of which she had not been aware whilst incarnate. Colour she could not have described with her incarnate vocabulary. She was able to observe incarnated souls; see and feel their emotions, know their thoughts by reading their colours. She watched and understood and because of her greater vision and understanding of life, she would implore those souls she observed to act differently. They could not hear her. *He* could not hear her. Time after time she would try and speak with him and imprint her thoughts and ideas upon to him - the management of others. She, who could see more clearly now and without the pain of despair and loss, could only hope he would respond one day. And she did not forget – one year. We will meet in one year. Here, in the Light, there was no hurrying of time - it just was. She knew patience and tolerance and always kept watch over him, but she spent her time in the Light restoring her energy bodies to greater health and well - being.

She did not know how long she spent here in convalescence. She would meet other patients who were shining and radiant. Some patients and families were on their own individual journeys and they would embrace in love and continue with their work.

She was summoned to a great Hall where there were many wise beings and sages as old as time, or possibly even older. Her time in the Light was transient but she would be here again. Although the pull of him had become stronger, she did not want to leave. She was told by these sages of Light, that she had done very well. In fact, she had been a model patient and pupil. They were now to discuss the greater purpose of her lives. She was told that he and her were great soul friends and were bound by a deep love both in the physical and light worlds. That is why you both felt the love at first sight, - a match truly made in the heavens. You both agreed to this. To the parting, so that you, the physical feminine could teach the physical masculine about medicine – true medicine about healing and not curing. Releasing the root of all physical difficulties and the emotional healing and evolving of the soul incarnate. He agreed to be left behind, to feel the pain, to restore and to reconnect to you. You have been watching him and he is healing but very slowly. The body and energy field will heal with time – all in the universe flows to balance – to an equilibrium.

But we have only a few weeks before the year is up. She had lived in the light for one year. It has seemed so quick – a month perhaps? Even that felt long. The beings laughed. Time is measured linearly in the three - dimensional world. Here,

All. Just. Is.... Time. Just. Is. Your past, present and future just are. She could not comprehend this. Even with her greater awareness and knowing. He was granted a dispensation to accelerate some of the healing to his body, mind and soul axis but he was resistant. They knew they would have to deploy one of the contingency plans for the two to reconnect once more. So, he had the accident and they met in the light, in another band of consciousness where the energy vibrations and frequency were lower than where she had resided for the last year.....

They embraced and she promised to tell him of all her experiences and all she had learned about medicine in the Light; that he may use her knowledge to bring greater health to all that he would meet. It was his life's purpose to remain in the physical realm for some time more. To teach, to gain fame and to heal. To learn how to thin the veils between dimensions so they would be together, so she could always teach, tell and show him the best way to advance his patients total healing of body and soul. She would show him how to reach the primary cause of the patients' illness and disease. He could then apply this knowledge to his patients, for they, as he and her, were all soul friends and had all agreed to complete this task together for their souls' evolution and journey. However, he had a choice to make. He would need to choose whether to accept this teaching from her and keep the connection they have and choose to alter his formal medical practices from simply curing the body, to healing the body and soul.

He agreed - he chose to help. He could not admit that it was for altruistic reasons, but he knew he would be able to speak to her and extend this reconnection. He also felt that she was aware of his less than selfless thoughts and motives.

Soul journey

'I adopted the theory of reincarnation when I was twenty - six. Religion offered nothing to the point. Even work could not give me complete satisfaction. Work is futile if we cannot utilise the experience we collect from one life, in the next. When I discovered reincarnation, it was as if I had found a universal plan. I realised that there was a chance to work out my ideas. Time was no longer limited. I was no longer a slave to the hands of the clock. Genius is experience. Some seem to think that it is a gift or talent, but it is the fruit of long experience in many lives. Some are older souls than others, so they know more. The discovery of reincarnation put

my mind at ease. If you preserve a record of this conversation, write it so that it puts men's minds at ease. I would like to communicate to others the calmness that the long view of life gives to us.'

Henry Ford, interview in the San Francisco Examiner, 26 August 1928.

'It is no more surprising to be born twice than to be born once.'

Voltaire.

She said that it is difficult to know where to begin because she did not yet understand the beginning, if there ever was one. So, she will do her best to explain about life from a higher awareness that she had received during this last year of earth time. He felt a little disgruntled at her language. He wished that her vocabulary would change back to their fun - loving banter and that she would not use these strange phrases and words such as 'earth time' and 'higher awareness'. She gave him a look; the look that she would give when they had disagreements when she was alive in the physical world. Really? Was he sounding like her now? She laughed and then told him she could read his thoughts as they were expressed in colours around him. He could learn that too if he wished and it would help with patient management. He graciously agreed to his first lesson.

All souls originate from the Source, the Godhead, the point of all creation and as such are perfect in their birth, which is often described to man as, the Godhead exhaling sparks of its own being into existence. These sparks of perfect life then journey through time and space to gain experience, knowledge, wisdom and to grow and magnify the energy of purity with which it was breathed into life. When all this is achieved, the God spark may then return home to reunite with the Source of Life, Purity and Love once more. However, as the soul travels, not all her experiences are viewed as positive and the energy which surrounded the soul at her birth becomes tarnished, cut and torn; depleted and damaged. These memories that reside in the energy field often impact on the actions of the incarnated soul which may not be of a positive nature. Hence the cycles of incarnation and recovery occur in the higher dimensions to allow the soul to achieve its original purity. That is the essence of any life that is lived.

Before a soul is incarnated, she receives guidance - a map - a route to follow. On this route, there are many stops, junctions and crossroads. Most of these stops are mutable and may be altered. A few are fixed but all are agreed in the time before birth. The place of birth, the chosen name, parents, siblings, friends, sex, religion, identity, are all chosen in the Light. The place and time of birth is chosen, so the planetary influences on the soul give the soul the most strength and power to complete its journey for the incarnation. Some of these choices are so powerful that they impact on the life to be lived and the incarnated soul must make choices that affect the soul's journey of lives, not just for the present incarnation but for others that follow – if we measure in earth time. A soul that has travelled many lives through time and space may choose a life to complete their lives experiences. This may be very difficult in the physical realm but in the Light, all is joy and the road map looks so easy, as she herself could attest, but in fact it is not. Souls under guidance pre incarnation, are never given a life task that they are not able to complete. However, if a soul is determined to take on more than her evolution can fulfil, the guides and sponsors for the life will allow this as a learning and will build exit strategies into the life plan. Guides and sponsors are those beings that reside in the Light and are those which nudge the soul to complete her planned life experiences. They may be family members who have passed before, advanced souls or angelic beings. The figure that took me through the tunnel was of the angelic realms. And of course, every incarnated soul has her guardian angel with her - a lifelong companion whose only mandate is to help the souls' journey in any way possible. Guides may also be incarnate, living beside the soul especially if the task is very important for humanity. The soul however may not be aware of the identity of the guide beside her. Friends and family, soul groups which includes enemies in the physical dimension are also involved in the planning of the life journey. There are no enemies in the Light, only in the physical world and their paths cross so differences may be resolved, and the energy field of the physical being can be refined. Road maps and life journeys are cross referenced with all other souls who will incarnate and play significant parts in each other's journeys. Opportunities are placed within the map so that the souls may meet more than once if required, in order to complete a task and which was not fulfilled in the first meeting. If the learning is achieved and the energy field lightened, then the life plan is adjusted so that the second meeting need not occur. If the meeting or the convergence of these two life plans does not occur, contingency plans are made. Nothing is left to chance; all probabilities and situations are accounted for to give the travelling souls every opportunity to achieve their journeys through their free will and choice.

She chose the feminine sex, her informal low church religious traditions and practices, her wealthy parents and her private schools, her friends, her examinations and her university place at medical college. Of course, she had to put in the study to achieve academic success. The doors were placed before her, but she had to choose to open them and walk through to another life experience. He also chose all his experiences and they both arrived at the major crossroads in their respective life plans when they met the first day at University. The meeting caused an excitation in both their energy fields and their combined journey, their soul dance, choreographed in Light before their births began.

The dance for them was for her to return to the Light and for him to remain in the physical realm on the day of their marriage. Even until the last moment, their souls could choose whether to remain on this path however hard it seemed.

Between them they chose the shorter but more difficult path.

She summarised that all souls are born into the physical realm with an agenda to achieve, with all the help possible to succeed. At the end of the physical life, they are reborn into Light and undergo a life review. This is how she spent her time in the Light, in the year between her physical death and now.

A year, she understood, is an average measurement of time for many, to repair and convalesce, to learn and be prepared for the next physical incarnation, or to continue learning, teaching and guiding from this dimension, the Light. Eventually all souls that have incarnated will reach this state of sufficient lightened energy and will have no further need to reincarnate. At this stage of her lives, even with all her flaws, she had somehow managed to achieve this state of being through accepting the healing of her energy bodies and in the hospital, she received sufficient understanding to have acquired the great gift of dispensation and so did not need to incarnate again. Her souls wish was now to help him achieve the same and through him, many, many others.

Although her energy was not fully pure, her soul was not required to incarnate in order to balance her energy bodies physically. She could continue to refine and evolve her energy through assisting and guiding others. The next major task for her now was to assist him in the healing and curing of patients. If she was fully enlightened, she would not need to learn or have so many unanswered questions!

A life is planned; actually, it is usually a series of lives with souls that have highly evolved and refined energies. All the past lives and experiences in all situations with all souls encountered on the journey of lives are examined. Ideals, issues, difficulties that are required to be addressed, balanced and considered. In this

school of reflections where anything and everything seems possible; the guides assist in choosing which energies should be prioritised for the coming life or lives. A life map is constructed and so is the body, which is the vehicle in the physical realms to allow these energies to be met and experienced yet again.

She gives an example of a child who had found it difficult to sing in past incarnations because the soul carries within her energy field a pattern of fear of ridicule. Many opportunities are built into the life plan to allow singing. Not necessarily on the world stage or in concert halls but just singing for pleasure. Incarnations may be planned whereby the soul will meet singers who assist, teachers and friends who encourage and parents who facilitate this learning. Then, as singing becomes easier in the lives that have been planned and experienced with no fear, a life may be planned where the singing is not received well, and the reaction of the soul is crucial. This life, where there has been criticism of the singing, will trigger memories of the original difficulties and the soul must then make a choice. Does the soul continue to sing from the heart to achieve the learning decided before incarnating, or does the soul stop singing? The soul sings and the energy is refined. That soul may go on to entertain and teach many and have a successful outcome for all the lives that were planned around this single issue.

But, if the soul decides to stop singing in the physical realm, then opportunities have been built into the life plan to meet such criticism again and for the soul to continue singing. If the soul does not overcome these challenges to growth and evolution, then the return to Light will re-examine this. Lives will be planned for the soul to succeed. If these opportunities are not taken, then with the passing of many lives, the soul will have difficulties from diseases that focus on the throat, expression of the spoken word or expression of feelings. This energy which is dull and heavy will become manifest in the physical body. The emotional fear will become so dense in energy, so slow moving, that it will affect the physical body. Psycho-emotional issues and difficulties precede all physical disease.

In each life, there are sufficient opportunities to prevent the precipitation of the dense energy into the physical body, or to prevent the physical body from becoming denser and so physically manifest the energy of fear, resentment, anger, worry, despair. With each incarnation, a physical body is chosen, and energy bodies are decided which reflect the issues or difficulties that the soul has chosen to balance. The body is a physical representation of the soul, her strengths and weaknesses. The trick, however, is not to read each body the same way. A body which is severely disabled may represent a soul that in previous lives has shied

away from being independent, has always managed to be found in a situation that allows other to do things for the soul. With the increasing density of inaction and self - determination, the resentment of a more fragile and failing body is held in the energy field. A disabled body is chosen to clear and burn the heaviness away from the body and so from the soul, or the disabled body may house an advanced and highly evolved soul who has chosen this difficult life to teach others how to love, to care unconditionally, or as a final life where many patterns are exhibited in a disabled body to balance the energy field in one life. The soul is also born with patterns held in the energy field to overcome any physical difficulties experienced or encountered. Unfortunately for many souls, they are unable to access the strengths they hold within to succeed in the life. If they knew this, then many of the diseases, emotional conflicts they encounter would not be experienced in such a negative manner.

The understanding she gained in the Light about the health of souls, incarnate and discarnate must take each souls' unique journey into consideration and the subtleties of each journey is different for each soul. However, she had been given a generalised understanding of the disease processes from an energy bodies view - point so that the journey to wholeness could begin and be accelerated by incarnated souls.

However, some souls within the Light are eagerly waiting to return to the physical realm and still wish to exercise their control over things, especially if they are resident in the level of energy just above the physical energy known as the 'lower astral level'. Here, and some in the higher levels of energy, may return to the earth without receiving guidance or life plan mapping from the more evolved beings of Light, or without spending time in the 'hospital' where their life experiences may be acknowledged, understood and cleansed. These souls may return to earth with all these energies attached with them, because that is the energy that these souls are comfortably carrying. In the astral level as in the physical world, some souls do not wish to be healed.

When the incarnate soul lays down the physical body, and takes breath into the non - physical world, she may choose to receive the light, or she may choose not to. Many choose to receive the Light and are cleansed to await rebirth and guidance.

If a couple is having difficulty in conceiving a child naturally, they may turn to assisted fertilisation - In Vitro Fertilisation. There will no doubt be many karmic reasons for this being played out; connections with the professionals involved, as

well as learning for the parents trying to conceive. If the lessons are learned, then there may be a possibility of fertilisation naturally in the current incarnation if it is written into the life plan. If relationship difficulties exist, these may hinder fertilisation or, difficulties carried within the energy of one partner may be resistant to becoming a parent. This will hinder the parents to receive the soul, or the soul may see difficulties within the prospective parents and choose not to be born, especially if the life plan may be one of greater difficulty. Conversely, many parents have children and receive incoming souls for emotional reasons, thinking that the soul will heal any relationship difficulties, which the incoming prospective soul may or may not do. She will however bring her own challenges for the prospective parents to face. For a soul to be received by the mother, the three energies must be in alignment. If there is indecision within the physical life of parents, the soul shall not come to earth. Assisted fertilisation is difficult, and if there is no peace within the marriage, the baby will not bring peace. The medical team implanting the embryo are often unsuccessful. The germ cells may mature but the soul who connects may not be ready in Light to come to earth. An eager soul, which is not prepared to wait, may not be the correct soul for the parents or may not be born at the most optimal time to succeed in its lessons for soul evolution. Often, in vitro fertilisation fails and if it does come to fruition, many difficulties may follow.

If frozen sperm are used, there may be a reduction in the life essence of the sperm. The soul may be unable to feel the full spectrum of emotions for health and many souls born to this time are born with numerous difficulties to overcome. Karmic accountability is there for all concerned. It does not need to be negative; many interplaying and interconnecting energies are involved with the conception and reception of a soul.

For a couple to choose artificial insemination, the added energy of the donor also comes into play. A soul born by this method to two female parents, may be a Light choice to receive nurturing omega energies, as this may be required to bring balance to the soul's energy or, if the parents are aware of the physical omega energy, they may try to over - compensate and the child may be exposed to more alpha energy than she needs.

If a soul is received, once she has been born, she may not be happy with the dynamics in which she finds herself. There may be great indecisions in the life ahead and the soul may not be able to complete the life plan. As the soul progresses in life, the Light can and will change the path as it is written in the life plan. Many souls incarnate to and from the astral planes and so the baby

received by a couple may not be the one contracted to, to learn and experience life in this family dynamic.

If a soul is born using the sperm of a homosexual couple, as in the above example, it may require a greater flow of alpha energy to balance her energy field. The soul may experience confusion and emotional conflict, and the soul's gender may add greater energetic difficulties to this family dynamic. There may be a karmic obligation between the surrogate mother and the fathers, brought into this incarnation for balance. The surrogate mother may have to deal with lessons of loss, non - attachment and unconditional giving; the fathers; to learn gratitude and unconditional receiving – they may need to share the soul and allow the connection to the mother so that she may remain in the child's life.

A drag artist is using entertainment to clear and heal, by dressing in and through the performing of feminine energies. The femininity can surface, rise and clear within the performer and clear energy in a way, that for many who watch the show, is joyful.

If a soul is born with the body of a male and has an energetic makeup that is more omega, she may wish to receive surgery to change the outward appearance, in order to align with the energy that is carried within and without the body. This may result in peace and a positive life, or if the lesson is one of acceptance of what is truly the makeup of the soul, the life may be filled with despair and conflict. Transgender surgery should be undertaken when the soul incarnate has reached an age of physical and emotional maturity.

If a woman is raped, there is often an emotionally damaged soul to be received by the mother, which may heal both. The soul may attach from the astral level or from the Light, depending upon the victim and the perpetrator. Rape is wrong in every aspect of society and Light, but the woman may be ready to receive a soul. Some may not have made a physical connection or be in a relationship to receive the soul. The rape victim may choose to terminate the pregnancy and take the karmic responsibility for that action. If the incoming soul is meant to connect with the victim, then the soul may reconnect once more later in the life. The mother may choose to carry to term and then give the baby up for adoption. The parents who foster or adopt are also balancing their karma in this complex and emotionally strained soul group.

Many souls should connect to a particular family or parents, but the energetic makeup and physical circumstances do not allow this to happen. In this instance, the incoming soul may decide to connect to a family member, for example the

sister of the proposed parent. The sister will have agreed to this contract before she became incarnate. The original plan may be deemed to be too difficult between mother and soul as the time of connection arrives, so the soul chooses the sister, balancing karma with her mother and having karmic connections with her Aunt. The relationship may not be as intense as written in the original life journey, but some learning and energy clearance will occur with this incarnation. All three souls will need to connect to fulfil karmic obligations.

An example of the complexities of the life plan:

There are many abnormalities within a father's blood line which are not evident within the father's outward appearance and state of health. He has relations with a woman with no obvious difficulties and they had three children of which, two were hermaphrodites. These two received gender assignments and had surgery to alter their physical appearances. These two would be unable to procreate without assistance and they chose not to, so the abnormalities within the blood line would be eliminated physically and energetically. The third child displayed no abnormalities, went on to have a relationship, but felt overwhelming desires to have children. Many spontaneous abortions later a child was conceived with obvious chromosomal abnormalities, which the child will carry through life.

There is a great desire to conceive; souls are born into and from the astral levels or from the Light, depending on their evolution. The soul receives great trauma, from which she may not be healed as the stay on the astral vibration of energy is short and she does not receive the purity of higher vibrations of light.

Sexual identity and gender are determined in the Light but the soul may want to change her sex as she descends into the denser energies of matter during conception. This may result in total confusion with respect to sexuality and gender identification and is apparent internally to the incarnate soul from birth. The conflicts the soul suffers is reflected physically and may result in gender fluidity or surgical changes to the gender, which may or may not bring peace to the suffering which the soul experiences in the current incarnation. All souls are born with a life plan which, as explained earlier, has many options within it and the current life is just one of many in a series of lives to fulfil the soul's intentions and learnings. The Light will amend the current life situations to assist as much as possible without compromising the free will of the soul as the physical life continues. This is the living love of the Light and the mercy of the laws of karma.

Portals to life are being created through medical interventions as the need to pass on the Light and grow and evolve it, is written so deeply in our purest energetic

makeup, that we seek to do this through conceiving life. What the incarnate soul does not feel with such a great intensity is the understanding that every thought, action and word has karmic consequences.

Physical genetics are also very important. The parents are chosen, and they will offer the genetic code to manifest a physical body for the incarnation, but this is only part of the story of life. The spiritual genetics also play a part; the building of the energy field to manifest the physical body and that which may well change, or manifest later within the life. As body and energy field are of the one soul, they reflect the soul and so cannot be considered independently. Just as the physical body is made of systems and each system is taught separately and becomes a speciality with specialist training, the energy field will be discussed with its bands and vibrations as a separate 'system'. The body cannot exist without each of its systems functioning and all the systems form part of a whole, which is greater than the sum of its individual parts.

So, spiritual and physical genetics and a map of the life with all who will meet the soul and all eventualities considered, a soul is incarnated to evolve and refine its energy.

She told him that this was sufficient for one meeting, and they will meet again but this time in his home during his convalescence. He had missed the time to experience his Junior Doctor's post and his cohorts but would be ready and healthy to begin again in six months' time, although he will now be behind his friends and cohorts as he undergoes further physical training in the medical world. He agreed, what was there to lose? He would be seeing her when he was released from hospital and what is time? He remembered her saying, 'time just is...'

Abundance

He returned to his hospital bed and his friends sat around it, discussing their first few days as fledgling medics. He heard their voices and laughter, and he heard them speak of him and the disappointments he had suffered in his short life. Someone was reading to him, the case history they had taken and asking what would he do? How would he manage this patient? When he had enough of this silent listening, he opened his eyes to let them know he was present in all aspects of his life. The warmth and pleasure that flowed to him from those in the room and around the bed – he hadn't thought before, but surely this was breaking rules - twelve in a room...? A nurse entered and tried unsuccessfully to remove the

fledglings from the room. She tidied him up, checked the machinery, the drip, his readings and smiled. Then, the Senior consultant for whom he should have been working entered, having heard his patient was awake and responding appropriately. This entrance cleared the room without a word being spoken. The consultant greeted him and said he would have preferred seeing him on the other side of the operating table but that all was well. He would start working for the surgical firm in six months. Recover, take advantage of this period of enforced rest and he would be welcome in clinics, ward rounds or in the theatre when he was well enough. With that, the consultant left the room.

He was a model patient and took his recovery very seriously. The sooner he was at home, the sooner he would be able to speak with her again. Finally, the day of discharge arrived, and he was escorted home by some friends in the ambulance. Others followed. When he arrived home, all was prepared for him. There was food in the fridge, and everything had been cleaned and laundered. He was grateful for their attention, but he wished them to go and feigned extreme tiredness. He opened some of the mail that had been delivered whilst he was in hospital. He had received a cheque for an obscene amount of money. A letter accompanied this cheque. Apparently, she made a will a week before they were to marry. She left him her trust fund in its entirety, but that he was to receive a monthly allowance from it for six months before gaining access to all the funds. The first payment was to be made one year after her death. Well, she certainly had been listening to her guides and sponsors, albeit at a very subconscious level. He was grateful because although he was pleased to be able to join the firm before any paid remuneration, he did wonder how he was going to survive financially.

The rest of the day passed quickly; he read a paper without taking in anything other than the headlines, he ate dinner and prepared for bed. How ridiculous! Even though he would not feel her body with him, he was anticipating the feeling of her this night, not with longing and sadness, but with joy.

Energy fields and the manifestation of disease

...And she came. That glowing feeling, the musical voice, the warmth, the indescribable love. They greeted each other with a tenderness that was not experienced before. She told him he had left his body to commune with her. In time, he would learn how to do this while retaining conscious awareness of the

physical world, but now, this was easier and less distracting - and a learning. Everything is a learning!

She began to explain the energy field to him. She herself only knew the basics but acknowledged it was more than sufficient to make a change to how people gained better wellbeing and wholeness. In seeking wellbeing and wholeness, there would be positive changes in all aspects of health; that is the physical, emotional, mental and spiritual dimensions of the body which housed the soul for the current incarnation. She said that medics needed to be aware of the energy field and its effects on the diseases of the body, so they would receive clearer understanding of disease processes and so help to attain better health on as many levels as possible. A fuller understanding and more meaningful disease history would be obtained, along with finding the deeper meaning and root cause of any illness experienced. Understanding the dynamics of the energy field surrounding the body would help in reducing physical discomfort and side effects of any prescribed medications and shorten healing times, as well as developing a more focused and individual treatment programme. She told him, her soul friend, so he could then pass his knowledge to others.

There are many layers and bands of the energy field, that are associated with the soul, but for the physical journey and healing, they would concentrate and begin to understand the four lower bands of energy that build the physical life and surround the physical body. Understanding the human electromagnetic field is the basis of all holistic practice and knowing its form and function enables the physician to effect changes in it and so effect change in the health of the whole individual. The limitless, natural, cosmic energy is in constant flow. It flows into the body at the crown of the head, through the feet and the chakras. It circulates around and throughout the body via channels known as 'meridians' and through centres of concentrated electromagnetic energy, the chakras. This results in bands of energy vibrating at particular frequencies surrounding the physical body. In good health this energy flows in a balanced manner, replenishing and rebuilding the energy field as required. The energy field then nourishes the body enhancing wellbeing and health.

The body of the baby is born and the energy that surrounds it is vast and mainly light blue. Amongst the blue is another dominant colour, either baby pink or baby blue. Yes, blue for a boy and pink for a girl. The body and energy field develop and each nurture and affect each other. As the baby grows in their first seven years of life, it attracts as much nurturing female energy into the energy field as it can, which corresponds to the life plan. Over the next seven years the male energy is

attracted to balance the first seven years, as is written in the life plan of the soul and in the soul's contracts which correspond to the life plan. As an adolescent between 12 and 14 years of life, the energy field holds the patterns for the life plan. The growth and health of the energy, and as such the body it surrounds, is dependent on the growth and experiences of the child to spiritual adulthood, at the age of 21.

The energy closest to the body is the physical energy. It is vibrant and has a predominantly green colour as perceived physically. Between the green and the body there is a denser blue/grey energy band which is often the easiest to be seen by anyone. This is known as the Matrix, where energy becomes matter and matter becomes energy. This green energy band extending to about 5cm above the physical body, moulds every contour of the body and represents the body. This band of energy can feel physical pain and relates to any trauma or injury of the physical body. It cannot feel emotional pain or make decisions. This is a dense structure energetically and grounds the body. This energy band connecting to the physical body through the spine exists in three dimensions, as do all the bands of energy that compose the four lower bodies of energy. A physical injury is reflected by an injury in the energy field. Anything affecting the physical energy, in this case the injury, will in turn affect a change in the three levels of the energy field which lie above it.

Above the physical band of energy there is a pink band of light, which reflects emotional energy and health. This is often peppered with colours depending on the emotional state and extends up to 15cm above the physical body. This energy band enjoys change, intensity and stimulation and will seek these experiences. It is highly excitable and translates feelings into actions by linking with the mental and physical energies. The range of emotions this energy field can experience ranges from animal passion to unconditional love with all the associated subtleties of feelings in between. This energy links to the Solar Plexus and is more fluid than the physical energy band since it relates to the emotion state of wellbeing. The physical energy band flows within the emotional energy. If the injury described above was accidental and there was acceptance of the situation, there would be very little dullness added to the energy field, and the history held within the field from previous lives would be lightened; the patterns of energy surrounding the need to experience the injury more balanced. If the injury resulted in anger and resentment of the situation, the patterns held in the energy field associated with this injury would be compounded and the colour expression of this resentment would be incorporated into the energy field.

Above the emotional energy lies the mental band, which is predominantly yellow in colour, and extends up to 30cm above the physical body; the two lower bands flowing and circulating their energies within it. It links to the emotional energy, dressing thought in emotional colours and connects to the physical body through the brain, relating and reacting to all thoughts and mental processes. It can receive impressions for a higher mental energy and implements these impressions physically. A clear mind will show an uncluttered clear energy. A fractured mind, or one that is worried, disorganised and unfocussed will be reflected by the colours and health of the field. The mental energy is fast moving and very fluid. Considering the injury mentioned before, the accident may have caused upset and affected the emotion wellbeing. The mental energy now begins to worry about how things will work out. It will consider if compensation for the accident should be given, or shall revenge be metered out. The mental energy wears the clothes of emotional distress and the whole field becomes dense. The energy around the injury becomes dark, and if these thoughts continue, they will affect all bodies of the energy field. If the injury is accepted with no resentment, the thoughts still centre on how things will work out. Will there be provision for dependents etc? The worry within this band of energy is not clothed in anger and so is less negative and heavy.

The spiritual band of energy lies beyond the mental band and extends to about 60cm above the physical body and is predominantly light blue in colour. With spiritual awareness, the energy is often infused with rose pink, accented with paler shades of colours such as peach, apple green and lilac, when it is healthy and free flowing. This energy relates to all spiritual aspects within life and holds the fullest potential of the refined physical body - the life plan and gives the incarnated soul the opportunity to understand this. The spiritual energy band is the vehicle for out of body experiences and connects to the body at the level of the umbilicus. It encompasses the other bands and the physical body within it. In this band lies the bank of all and every requirement that will help to break negative patterns and to further the life plan in a positive manner. Skills that have been achieved and improved upon in past incarnations lie in this band of energy. The strengths of this spiritual energy flow down through the energy field into the mental energy. If the flow is not resisted, then the injury is viewed with a positive outlook and the energy around the injury lightens. As the injury heals there may be periods of despair and disillusionment, followed by the positivity and understanding either consciously or subconsciously of the event and these fluctuations are all reflected in the dynamic flow of changing colours of the energy field, which in turn cascade down and affect the emotion and mental health of the soul incarnated, as well as

the physical health. So, a positive outlook with no negative feelings will greatly enhance the overall health of the energy field and as the field and physical body are one, the healing of the injury will be greatly accelerated.

The four bands of energy vary in intensity and strength depending on the level of health and ongoing experiences in the life being lived. The energy field is in constant flow, responding and reacting instantly to all circumstances. Every action and experience are held and remembered within it.

He awoke in the morning with a dreadful headache; something he would not usually suffer from. A dizziness and a buzzing in the centre of his forehead. It took him some time to bathe, shower and dress and it was not until breakfast that the headache and dizziness began to subside, although the sensations within his forehead he noticed, were now also present at the crown of his head. However, he felt joyful, and this would not be a word to describe his feelings generally. He went for a very short walk and came back very tired. He decided that when he discharged people from hospital, he would tell them to slow down and take life a little slower to allow the convalescent period a chance to do its work properly, rather than land back into the busy bustle of life that he knew many did and for many reasons - financial being an important one. He was home and reading the newspapers; watching television but not actively engaging in any of these activities or, as they were truly, distractions. He was impatiently waiting for the hour when he could again retire to bed. He had tried to force himself to sleep in the afternoon but ended up feeling frustrated and then remembered what she had told him about thoughts and feelings affecting all things, especially his physical recovery. So, he got up from the bed and waited. At last, it was time. He was unable to physically hurry his night - time preparations for sleep but finally once in bed, sleep happened.

She was there and laughingly explained the headache. The sensations in his forehead and crown were all clearing his energy field so he could connect with her even when awake. The energy was being activated at these points specifically, and the whole of his energy was being balanced and brought into harmony. It was because of the strength of his spiritual energy that they were able to connect as they are doing. She also told him that she may not appear every night. It would depend on how he received the understanding that she would impart to him and how it would affect his physical progress to full health, which of course, included the effects of their meetings on his energy field. She will however show him a little exercise of a spiritual nature that will certainly help to balance his body and so

minimize the dizziness and disorientation he may experience in the mornings on awakening.

‘A simple alignment on wakening to balance, ground and settle the energy of the four bodies in readiness for the day to come. This may be done still lying down in the bed. Call on the sponsors or guides for his life, to help him now’.

Imagine, see or feel a light blue light flowing into the body from the crown of the head and all the way down to both feet. Now take a breath and feel awareness back up the body to the crown once more. Again, imagine, see or feel a bright emerald green light flowing from the crown and into the feet but now extend this green in the mind's eye from the feet, flowing deep into the earth. Again, breathe up the body to the crown. Now see a veil of sapphire blue light forming a shield of strength and protection around the body at an arm's length, which is approximately the extent of the spiritual energy around the body.

This simple exercise will help all those feelings he experienced on wakening and will also help to retain the information that has been given and downloaded whilst he was sleeping. This exercise, or spiritual discipline is known as ‘*The Emerald Alignment*’ and may be practised anytime, anywhere as often as needed in order to settle the body, mind and spirit. However, it is very useful on wakening and before retiring. The light blue is a cleanser to the body and energy field, as the blue light reaches the feet it continues its journey and is discharged into the earth with any negative energies collected. The energy is then trans-mutated into positive energy by the earth. The emerald green light balances and aligns the energy. Emerald green is chosen as this colour of light resonates with the physical body the best. The light extends into the earth to ground the energy and in his case will help the morning disorientation and dizziness he may experience. Finally, the deep sapphire light is placed around the four lower bodies of energy as a veil of protection. In other cases, it is a useful first aid for shock, when hearing bad news, or experiencing an unpleasant event. It may also be used prophylactically, just before sitting examinations, going for an interview. The more this discipline is used, the more effective it will become in protecting the soul residing in the body and balancing the body's energy.

Even though he was asleep, he was able to feel the gentle cleansing of the blue, the rejuvenating and enlivening quality of the emerald and a bubble of protection surrounding him. She advised him once more to do this on wakening. He resolved that on resuming work again, he would show his patients this exercise before and

post operatively. He wondered if he could prescribe it on a daily medications chart...He saw her laughing once more and realised she could read and hear every one of his thoughts, and from last night's tuition, she could see his thoughts expressed as colours. She acknowledged this and said he was a good student and she a very good teacher!

The spiritual energy or life force enters the physical body through many portals, but it is easier to consider that this life force comes into the physical body through the crown of the head, having begun its journey beyond the spiritual band of energy. It then flows through the channel of the spine and enters wheels of energy located along the spinal axis. These wheels of energy are referred to as chakras, of which there are seven major and they in turn distribute the energy through the whole of the energy field and physical body. The energy flows in, through and around the physical body, feeding and nourishing, cleansing and rebalancing all within the body and energy fields. However, in disease and poorer health, the flow is slow and in some cases of illness may be very stagnant and blocked. Some prescribed medications and recreational drugs affect the flow of energy and accelerate it. The increase in flow of energy is not balanced and may cause damage or worsen already negative patterns held within the energy fields.

So, she said, he could now see that he was not only a physical body but a body and an energy field which together form his physical makeup. They are not separate entities but one and the same, except the energy field flows and vibrates at increasing higher frequencies than the body. The physical body has its own network of vessels and nerves that facilitate communications and flow; systems that accept nourishment and allow for the excretion of waste and protect the body. The same with the energy bodies. They have centres of energy, known as chakras, which are located throughout the energy field and are referred to as major or minor, depending on how many lines of energy flow and meet. At the points where they are located, they are fed with the constant flow of energy into the crown. The network of energy vessels is known as meridians which take the energy to where it is needed and like blood vessels and nerves, these meridians divide and become more and more fine, their divisions unique and as individual as fingerprints.

Every soul has a unique and individual energy field. All souls incarnated are clothed in a physical body and energy field which is fed and nurtured by universal energy and which reflects the soul's purpose for the current incarnation, together with everything available and banked within the spiritual energy to enable this purpose to be achieved. The life plan built into the spiritual energy field will ignite

when points of energy converge with other energies and so activate that aspect of the life plan.

As all souls travel through time and space with their soul friends, they achieve, understand and master certain quotients of energy. Not only aspects of energy that were to be met and balanced in the life plan and which were done successfully, but successfully many times in many lives. This energy could then be said to be mastered and need not be experienced in the physical realms of life again but is held in the banks of the higher self to be drawn on to help clear the path and achieve life plan successes in future incarnations. The higher self could be viewed as a bank of positive, strong energies to help less qualified energies reach their potential. The higher self could be accessed consciously, and she would give instruction on how to do this later. For now, all she wanted was to introduce the idea of the higher self, which is another energy level belonging to the soul. However, although she will mention the higher self occasionally, the purpose of these meetings is to inform how to cleanse and balance the energy field, lighten the energy and begin the journey to mastering another quotient of energy so that it may reside in the energy band and bank of the higher self, to be drawn upon to help the current life plan journey.

This was all she would tell him tonight. He had gained a very general understanding of how and why disease may manifest and how it may be healed and not just cured.

He felt her energy recede and did not like the feelings. He did however remember the Emerald Alignment he was taught by her and practised that. He wished that he was aware of her while he drifted off into a different quality of sleep.

He awoke, with the headache and dizziness and remembered to perform the Emerald Alignment that he recalled so clearly. He also remembered that she may not appear every night and that caused him some concern. He felt a cloud begin to appear like a helmet above his head. He could feel this cloud begin to descend and, more out of desperation than belief, he consciously bathed himself in the blue cleansing light. He had to perform this ritual several times to keep the negative emotion and resentments from settling on him. He had lost her, found her and then lost her again. How many times must he endure this grief? But he did manage to release the dullness and heaviness he was experiencing and was soon able to rise with a relatively clear head. He spent the day filling time and waiting for a reasonable time to retire. Eventually, it arrived, and he did.

The next morning, he felt more grounded but could feel the pain of loss descending again. She did not appear that night, and intuitively he knew that this was for him to experience the things she had told him. He practised the alignment technique until it was second nature and he found that performing this discipline made him feel better about many things. His body began to respond more quickly and with less fatigue to the demands he made on it. Eventually after four days, he felt a gratitude for the reconnection and an acceptance that she would come when the time was right for him and for her (although she did not experience time), for them and for his body. He realised the subtle change in his thinking; that the real him was not the physical body. He was not quite sure what or where the real him was, but he began to understand that part of the real him was currently incarnated in a physical body, which until very recently, he thought was him. No wonder this was not widely taught, especially to medical students as their heads would explode. Mostly, they needed facts and physical forms to learn, to add something abstract and beyond the physical. Really, that was his life plan, his life purpose. She had said this earlier, but he had not really listened, being keener to feel, hear and sense her. Something else she said - they had to choose to accept the life work. He had been given a bite sized taster of what was to come, but he now knew that he had to decide, not just in other realms but in the physical one also. 'Yes', he announced to the universe in general, not yet knowing how to speak to his guides and sponsors, 'I accept'.

Chakras

He spent the day constructively, feeling energised and less heavy and looked forward to sleep. In the physical world much healing within the body occurred during the sleep time. He wanted more than ever before, to heal. To heal himself – all aspects of himself and again, an intuitive knowing arose within him. In healing himself he would undoubtedly heal others....

She came (and she appeared very pleased with herself). You understood and you acted. If the realm she inhabited was full of goodness and light, surely this being pleased with herself did not belong there. Again, the laughter but she said that there was much rejoicing in the Light at his decision and all help required would be given to him. He, of course would have to do the work himself.

She said they would continue for a little longer with the energy field anatomy. They had discussed the four lower bodies and how the energy circulates the life force through the physical and energy bodies. There are, she taught, 7 major

chakras within the body running down the central axis. They are situated at the crown of the head, the brow, the throat, centre of the chest, centre of the abdomen, the umbilicus, and the base of the spine. They will begin at the bottom of the spine and work up to the crown of the head. A chakra is called major because it has 21 lines of energy flowing through it.

The base chakra, located at the base of the spine, is a clear red in good health. This centre provides the life force, the grounding and the sexual drive of the incarnated soul. It is also the route by which much negative energy is excreted. It is connected to the physical body via the adrenal glands and governs the spine, kidneys and all parts of the body below it. It is the spiritual anchor in the physical life. If this chakra is not functioning at its greatest potential, then disease is manifest in the physical body as a result of this. The incarnated soul may feel low self-esteem, exhibit sexual behaviours that cause damage to the body and perhaps more to the emotions also. Addictions and the inability to process emotions, understand and then release them without harming others, not taking responsibility for their actions, are all manifestations of a diseased base chakra. This chakra holds its consciousness at the basic survival level if it is not in good energetic health and wellness.

Progressing to the umbilical area there is a chakra situated there that is known as the sacral chakra or Seat of the Soul. It is orange in colour when in good health and governs relationships and the reproductive organs and systems. It is the anchor for the umbilicus of Light. In health, it facilitates emotional and physical availability within all relationships and connects to the physical body via the gonads. A diseased sacral chakra, as well as manifesting diseases associated with the organs that it governs, will result in feelings of disempowerment, self-need and the feeling of being unfulfilled.

At the level of the solar plexus lies the solar plexus chakra. The colour of this centre of energy in health is yellow and it is the centre of emotional health and wellbeing, nourishing the flow of emotional energy, harmony and balance. Physically, this chakra is responsible for manifesting the health of the nervous system and the abdominal organs. It connects to the physical body via the pancreas. When this energy centre is not functioning in optimal health, extremes in emotions and fluctuant moods will be displayed. Physically, abdominal disease will manifest especially those associated with emotional causes such as irritable bowel syndrome. Much mental ill health and psychological breakdowns have their root causes held within this chakra.

The centre of the chest is the location of the heart chakra. This is apple green in colour and is the gateway to the flow of all life, unconditional love and balance in all aspects of life. It governs the chest, the heart, both sides of the body and the upper and lower aspects of personality, connecting to the physical body via the thymus. Disease in this chakra results in cardiac, lower and upper respiratory disorders, mental torment and a non-giving, selfish personality.

Located at the centre of the throat is the throat chakra. This is seen in health as a light blue spinning wheel of energy and allows for the expression of spiritual purpose and empowerment. It governs will power, the oral expression of emotions and all aspects of communication including clairaudience and the expression of truth. Physically it governs the thyroid and all the structures within the neck, connecting to the body via the thyroid gland. Poor flow and health within this energy centre will result in disempowerment, neck and throat disorders and speech difficulties.

The centre of the brow is where the third eye chakra is sited. It resonates with an indigo light in health, and attunes to spiritual planes, perception of things beyond what the physical senses allow and connects to the body via the pituitary gland. It governs the pituitary, the left brain, left eye, ears, nose, the nervous system and clairaudience, clairvoyance, claircognisance and clairsentience. Disease within this chakra results in headaches, dizziness, ocular disorders and blocks to intuition.

The crown chakra is situated at the crown of the head. In health it is violet in colour and aligns to light and the openness to receive energy, including intuition. The chakra's health is a very good indication of the connection to spirituality. It governs the pineal gland, the right eye and mastery of physical and non-physical dimensions through transcendence. It connects to the physical body via the pineal gland. Poor health of this chakra results in lack of energy, spinal difficulties and lack of alignment to Light and to life and aspects of life.

In medicine, dysfunction of systems and organs results in the manifestation of disease. In energetic medicine, dysfunction of a chakra, a meridian or an energy body results in the eventual manifestation of disease. Everything the body is exposed to, ingests or inhales influences the energy field, which includes drugs, diagnostic, investigative and curative procedures, as well as consultations and interactions between people. Words may be cutting, shredding or wounding to the energy field. Everything that the energy field is exposed to will eventually consolidate within the denser vibrations of its structure until it manifests in the body as disease. Any change in the energy field will have beneficial or detrimental

health consequences. For a disease to manifest in the physical body, it has already resided in the energy field for a considerable length of time, becoming more consolidated and denser, as the disease flows through the bands of the energy field, until eventually landing within the physical body. The body then expresses the disease.

Juno

The pattern of connecting with her during sleep time became easier and she would illustrate the disease processes with patients they had looked after together, or had encountered in their medical training separately, whilst learning different disciplines. Once a teaching had been given, she generally would not appear to him for a few nights. At first, he found this upsetting; annoying even, but did realise she was giving him time to consider what she had told him and to apply it to other patients whom she, he and their friends had encountered in their studies.

She came and advised that she would try to tie up the life plan, the energy field and how it displayed held emotions and thoughts into physical diseases. This would not give the exact illustration for each disease process, as each had to be seen in the context of the soul travelling through lives and experiencing lives in their own unique way with respect to feelings, expectations and both physical and spiritual understandings. Nor would this example of a life plan and the history brought into play be fully explained, this was just to give him a 'case study'.

She said she wished to illustrate, with a patient they both looked after as students on the gynaecological ward, who came in very anaemic. She would describe the physical difficulties this woman experienced and suffered and would then give a metaphysical meaning to the causes of these discomforts, which the woman had agreed prior to birth to bring into the physical incarnation and transmute through the journey of the current life. (She, like the other patients who would be used to illustrate spiritual medicine had all agreed to be part of this soul group that would teach metaphysical medicine in this way). They agreed to rename all these souls to protect their anonymity. This woman was to be known as Juno.

Juno had lived many lives and still had many important tasks to achieve but she was reaching the end of her physical incarnations. She had much strength accrued in her lives and great devotion to both the physical and non - physical realms.

Juno's mother had a difficult labour and birth which resulted in a tear to the cervix. Juno herself had neonatal jaundice. Juno experienced much struggling and

conflict in utero. She was losing the lightness of the metaphysical world as her physical body was growing and developing. There was much work to achieve in the current incarnation, beginning with the healing of the relationship of Juno with her mother. There was much love between them, but neither was able to express this depth of feeling; no physical signs of affection were expressed in their journeys together through lives. Juno regretted this very much. There were no such difficulties with her father in previous lives. Both Juno and her mother had a great affection to the omega energy of light in their physical experiences, the feminine aspect of the Godhead, and they both did not wish to incarnate and leave the alpha energy – the masculine aspect of the Godhead in the Light.

The jaundice that Juno experienced was due to haemolysis of her red blood corpuscles which was occurring in the liver. The liver is involved with emotional metabolism, and the scattered feelings and thoughts from previous lives, leaving these lives in confusion. Unbalanced reasoning colours the emotions with imbalance. Experiencing neonatal jaundice allowed many of these patterns held in the energy field to be burnt out and presented opportunity to have balanced emotions and thoughts in life, without the heavy energy patterns of previous lives hindering this for Juno.

As an infant and toddler Juno was always falling and bumping into things. She was not integrated properly into the physical body. Her energy bodies were still yearning for the realm she had left and with the subconscious knowledge of what her current life held for her. Her bodies of energy were seeking other realms of being.

At age four Juno developed renal infections. This reflected her fear of school, her poor relationship with schooling from the past including being shamed and disappointed. The acknowledgement of this energy at a subconscious level was clearing the path for her future schooling. Juno excelled at primary school but did not enjoy schooling despite her being quite successful academically.

Between the ages of five and eight, Juno suffered recurrent ear infections and tonsillitis. In the case of Juno these represented repressed anger at being told what to do. The inner conflict Juno experienced was of stubbornness and translated physically to shall I or shall I not listen? During this time Juno began to sleepwalk, and used this as a way of escaping the physical reality she found herself in. In previous incarnations, when Juno was an adept of manipulating physical matter, she was able to arrive in other countries and she was attempting to do this again in search for hope, love and strength from previous lives. Juno needed to

realise that love resides within the physical being. Her energy was not in harmonious and balanced flow at this time. She also sustained a severe sprain to her right ankle at the age of seven. The ankle joint is generally associated with feelings of not being supported, and in Juno's case compounded with inflexibility and guilt within her being. She did not speak or express her sadness and unhappiness at school.

At the age of eight, Juno suffered a severe burn to the right shin. The held anger was beginning to surface but was not yet expressed. This was the first time it was shown in the physical body.

Juno sprained both ankles when she was nine years old, and the reason for this physically was her response to being taunted into jumping over a wall. Her landing was not as planned into the ditch on the other side. She exhibited a leap of faith, as she was not strong enough to achieve this jump, and there was no spiritual light associated with this leap. It was emotionally led. Juno was not caring for herself and her energy field did not hold many fear patterns that were concerning her physical wellbeing. Because of the work she had agreed to fulfil in the life, Juno had much energetic and Light help. The injury should have been very much worse than it was.

Moving on from junior to senior school, at age eleven, which is an important energetic milestone, Juno developed a twitch in both eyes, the constant blinking would be with her for many years. She felt she was picked on, looked down on, as many students at this school came from wealthy families and she won a scholarship to this institution. Juno did not like the school or the pupils. She displayed a deep fear of being watched by others and not being understood by them. She was arrogant in her feelings towards schooling and had to learn humility for her soul's growth. She was still unable to express her emotions. The repressed emotions were the biggest problem in the school career, not her relative poverty or the students at the school.

Another important age in the life cycle is thirteen, when Juno suffered very severe tonsillitis. She still would not speak or listen to others. This was a point of choice for her, written into the life plan. If Juno had spoken her truth; her feelings, much of the blocked energy would have been released, but she chose not to.

So, when she was fifteen, she suffered a right ankle sprain again. The left foot became badly infected because a dirty nail had impaled into it. The swelling was immediate and within one hour post injury Juno was unable to walk for one week. As she was not progressing in the life plan with regards to inflexibility and

stubbornness, issues surrounding the church and religion began to appear. The nail went through the representation of the solar plexus on the foot. Juno ceased attending church services.

The following year she was stung nine times on the right hand by a wasp resulting in swelling followed by infection. This represented another turning point in the life plan of Juno. She was stung nine times (nine being the number of completion of an energy pattern) to allow energy to be released and allow Juno to embrace a positive life and she embarked on training within the health profession as a nursing cadet.

The next year she contracted Mononucleosis, was very jaundiced, suffered kidney infections, and Quinsy's. She had haematemesis frequently and lost about three stones of mass in roughly two months. Juno refused hospitalisation, so her mother remained home from work to nurse her daughter. She also developed an allergy to penicillin at this time. This difficult year occurred just before Juno met her husband and provided another opportunity for Juno to leave the physical life. Juno was angry at not feeling loved and subconsciously did not love herself. The energy of her husband was surfacing within the energy field of Juno in preparation to receive him. The soul of Juno knew the choice and the path that would follow. The previous sixteen years were manifesting illnesses to release as much as possible should Juno decide to leave the life. She also developed penicillin sensitivity as she did not wish treatment to attain better physical health. Juno was denying her own inherent power.

The soul of Juno chose to remain, and Juno met her husband. During courtship she contracted an oral sexually transmissible disease, which manifested as Juno was still not choosing to speak. Deep frustration and anger manifested in the mouth.

When Juno delivered her first baby, she was nineteen years old and was married. She developed bronchitis on her wedding night. Following the birth of her baby she retained both her placenta and urine. She haemorrhaged six weeks post-partum. The bronchitis indicated that Juno was not accepting the universal life force and did not wish at a subconscious level to take on the life. She was in conflict, remembering the fun of courtship and yet knowing the forthcoming difficulties in her life ahead, which she had encountered in previous incarnations. The retention of the placenta illustrated that she was taking the mothers role too seriously and she could not release the emotional burdens that bound her to this child, so she also retained urine.

Her second pregnancy resulted in multiple gum abscesses and pre eclampsia. She also contracted rubella during early pregnancy but refused a termination. Following the birth of this child which was delivered breech with the cord around the neck, another baby was discovered in utero. Juno had attended antenatal clinics, but twins had not been diagnosed. The second twin was born with the aid of forceps. Juno, again retained the placenta, haemorrhaged, and needed intravenous iron. There was only one placenta, but the twins were not identical. They manifested light and dark in the colour of their hair and skin, and later in their personalities. The abscesses were due to Juno's anger at twins being born and her awareness of things she would be required to face. The first twin, with the cord around the neck was constricting the life force, the Light. The anaemia reflected Juno's anger at the choice she had made. Her soul was in conflict yet again, as the life force was not entering the body. She was fearful of the life to come at a subconscious level of awareness. The abscesses were indicative of resentment of the life to be lived.

When she was twenty - seven, she became pregnant by choice and again, this pregnancy was complicated by dental abscesses and bronchitis. She had a very long labour with the baby presenting its face to the pubic bone. The abscesses were manifested once more as the inner being of Juno was resentful of this birth and the bronchitis was another point of choice for Juno. Juno could well have left physical incarnation at this time. (Around the age of twenty - eight is a time for major life changes and choices for the soul). The difficult presentation of the baby at birth was showing that Juno did not wish to let the baby go, and the baby also aware of the difficult life ahead did not wish to be birthed.

Two years later the abscesses that reoccurred during this pregnancy had not resolved at all and were so severe and painful that Juno had a full dental extraction. Juno thought that removing her teeth would release the pain she felt in the mouth physically. Post extraction she still suffered pain and did so even to the time that they both saw her in the gynaecological wards. She did not require to have her teeth extracted. Teeth and gums from a spiritual perspective, show decisions that are made, or are not made and the emotional ties to those decisions.

When this baby was a year old, and Juno just thirty one, her father died and two years later her menstrual cycle shortened to two weeks, before this being monthly with very little irregularity. Juno felt great loss at the father's death, which was not acknowledged. She also felt anger at her own grieving, at herself and hatred towards her body. The two weekly cycle continued for many years.

At age 38, the son of a close friend of Juno died. He was very ill, and Juno was transporting him and his mother to the hospital. Juno was present at the time of physical death. This was the second time this had happened with this soul in the current life. While her friend was pregnant, she aborted this soul and again Juno was transporting her friend to the hospital. The same soul was born to the same parents ten years later. Juno was to be with the child to aid the passing and transition as well as to comfort the mother and friend.

When forty years of age, Juno was on holiday in Portugal with her family and received a bite from an orange spider on the left leg. The bite became infected. Metaphysically, this was releasing an energy which was reluctance to walk forward with the next phase of the life. The orange colour is associated with the sacral energy centre, and it was to ignite a spiritual pathway for Juno, which had connections to Portugal in the past.

One year later Juno found her mother had passed during the night following a cerebrovascular accident, following an illness of short duration of about one month. Juno felt much resentment towards her mother, and she did not grieve at all. Everything had now collapsed around Juno and she had no support in her life, which was becoming increasingly difficult as her husband became increasingly ill.

The trauma and stress of the home circumstances and the very poor help from social sectors affected Juno greatly, and she would escape to the country as much as possible, as she felt most at peace with nature and quiet. During one of these escapes, she fell and sustained a comminuted fracture to the right elbow. She was experiencing a change of direction in her life at this time. She had seen a healer in recent months and was told that this was all ordained with her acceptance prior to birth. Juno was told this accident was a rebellion against authority and a great energetic release. She was forty - three.

When Juno was forty - five, her husband died. To recover from the social difficulty she had lived through, she took a holiday abroad and suffered a very large and heavy vaginal haemorrhage. Following this, she bled very heavily for over a year, developing a severe anaemia with a haemoglobin of 4, and virtually no iron stores in her body. Associated with this she had mouth ulcers. The haemorrhage indicated the anger that she held against herself and the hatred of her body. Juno also felt she had let her husband down and was not sure if she had done the right things through the duration of his illness. Her anger was eating away at the decisions she had made.

This woman's journey and the imprints of her soul memory were an integral part of her physical health to the time that they had both met her. Her soul memory houses the disdain she held for the physical life and no concern for losing the life. In past lives, she had placed herself in situations where the life may be lost because of non achievement of the life plan potential. Most importantly, her inability to feel, accept emotions and the hurts experienced had not been expressed very much.

Another strong memory in her soul's history is that of the conflict between shadow and Light. There had been much fear of retribution from the Light for negative actions. This was evident in the current incarnation of Juno. In her conscious awareness she constantly felt judged and criticised by many. This reflected the darkness within herself and the way she viewed and judged herself.

Although he had not seen Juno since the hospital admission for the severe haemorrhaging and one out - patients appointment after, she could tell him that Juno was now working in a very real, practical and selfless way, to balance the heaviness in her energy field. She was on a path of great positivity and health not only to herself but to many that she would encounter on the remainder of her journey. She had surrendered her stubbornness, was beginning to express her feelings with greater clarity of expression and had resolved nearly all the issues and conflicts with religion with which she had been born. Juno could have reached this point in her life sooner and may not have had to undergo such physical distress, but it was all her choosing - her free will and that is always honoured by the realms of Light.

In describing Juno, she acknowledged it would have been so difficult to know this in the physical realms and the story of Juno is her own. Her diseases and physical problems reflect her own soul's path, and she has greater clarity to see and to know than she did when incarnate and with him. The next time they would begin a journey through the systems of the body, reflecting the possible and probable meanings of any disease processes and manifestations. Full certainty would never be possible without a history of the lives of the soul that presents with disease, but a basic understanding of the spiritual causes of disease will allow the physician and the patient to embark on a journey to greater health and wellbeing. There are ways that past life memories may be accessed but that would require consent from the patient and intense healing, and some of these ways will be explored later.

With that she began to recede and he to sleep to examine the new information he had been given about Juno.

The metaphysics of disease

He was disappointed during his wait for her to connect with him again, but no anger or resentment added to his disappointment. He began to have acceptance that she with her greater vision of his energy field and physical health was able to know when they could continue their journey. He also, had a feeling that they would not continue to meet in this way for all his physical life, but the contact and accessibility would change. So, he would review all she had told him during his sleep and write down in a journal that was theirs for this time, but she had told him that they would meet so that he could share his greater understanding of diseases with many others. He would consider patients he had helped look after while training and consider those of his friends who were now on the wards and looking after patients and their presenting symptoms and past medical history, but most importantly he began to think about their social and family history. Yes, these histories were asked during the initial consultations, but only the psychiatry and psychology departments would take very deep histories regarding social aspects of the health of their patients. He considered that these were the doctors who began to consider root causes of diseases, if only at subconscious levels. Speaking their backgrounds might release blocked energies as in the case of Juno. He still felt there was something missing in the caring and curing of patients.

He had decided to have a lazy day. He could have no other! Although his body was healing, he found he was physically very tired and would often have a headache. The best way to clear the headache he had found, was to take a walk. He was fortunate that their home was near a park, which had a wood and a stream running through it. They would often walk there and plan their futures, their children, argue over who would mind the children, who would work. They did not consider this would happen. He had not been to the park or the woods for over a year, but today he decided to do so. He was sitting on a tree stump watching dragonflies by the stream, whilst considering the health and wellbeing of his many patients, when he experienced such a severe pain in his forehead which then travelled in two lines around his eyes to the ears, made a detour to the temporal lobe area and then continued down the neck until the track of pain receded somewhere down his body.

So, this is a channel of energy; a line of the network that carried the energy of the body. The pain was so intense that he could map this out. He knew he would have no difficulty in drawing this in their journal. He hoped that the severity of the pain indicated that this path of energy flow had been released sufficiently so as not to experience such pain again. And then he felt her. He could not see her, he was not asleep, he was sitting watching the stream and was very aware of the pain he had just experienced. He could feel her within his thoughts. Concentrating very hard, he could hear her and in the centre of the forehead he felt another stirring of energy. No wonder he was always tired. How many patients were undergoing these initiations and not knowing? How many times did medical investigations and screenings reveal nothing? And how many times did medics consider patients wasting precious resources?

Whilst thinking those thoughts and being aware of the tingling in the centre of the brow - the third eye, he noticed he was watching a cell undergo division. He could see the cell organelles, the membrane, the activity within the cell. Within the nucleus he could see the chromosomes readying to divide. Much clearer than any photographs in text - books taken by electron microscopes. As he was watching this fascinating film within his mind, he realised that he was able to think clearly simultaneously. Questions about cell division were answered before his eyes. It did take him some time to realise that this experience was a way of learning. He was aware of feeling her. So much going on at once within the brain and for most people he imagined, they were only aware of one at a time. He was easily dealing with and understanding several communications. Watching the cells continue to divide, he began to see random activity in one, and that it was not following the normal flow and patterning of events. It began to mutate, and he could see the damage that this cell did to itself and to the surrounding cells. He felt the cell communicate with him. He felt in one part of his mind, that he should admit himself to the psychiatric unit. He felt her laugh at this. The vision disappeared slowly, becoming fuzzy and dull as it receded. He thought how mundane these adjectives were in describing how the vision was receding. And then it was gone and replacing it was her beauty. He could now see and feel and hear her.

She confirmed that the tiredness of his physical body was because of the intense healing and cleansing he was receiving and that would improve as his physical body became strong enough to handle the increments of energy that were being rained down on him. The lines of energy down his face he could still feel, were major meridians - channels through which the life force could flow. He told her how fascinated he was watching the cells activity, and how quickly it divided and multiplied. How the rogue cell affected those around it and they in turn affected

others, and soon all the cells were affected with disharmony and cellular disease. He said he could translate this image to the compounding of energy patterns within an energy field, but he felt there was more to this than just illustrating the previous knowledge she had given him. He was right and she continued to explain that he was able to make the association with the energy field dysfunctions because he had understood and assimilated their previous meetings.

She told him she would now recede from his conscious awareness, because the two hours he had spent sitting by the stream had tired him; he had used much energy but had not learnt to replenish this. She would help him to get home, as would the other guides who were with him. He must bathe, eat and rest. When he had sufficiently rested and replenished, they would meet again. She did say, that one of the greatest lessons a soul could achieve in any incarnation is to be so in tune with the other realms that they would be able to communicate whilst alert in the physical body. His experience today was one of great adept. They would watch over him and train him both in the sleep time and day - time. They? Again, she laughed. He went home and did as was requested of him.

She did not come that night, but he awoke the following morning with another heavy head and the feeling to pick up the journal. He turned to the back pages as he was not sure what he would be writing, if he did write at all. He held the pen in his hand and then he wrote.

These are the first steps; references to soul aetiology of disease - aide memoirs so to speak, for metaphysical causes of a disease process. He found himself writing in bullet points and notes. There was so much information wanting to be written and being fed into his mind, he could not write it all. The many dimensions of his brain's activity of yesterday, was certainly diminished this morning.

He wrote:

First reference steps to Metaphysical Aetiology of Disease:

- Spiritual medicine and soul healing are soul centred.
- Body is a manifestation of all thoughts, feelings, desires, expressions and reactions, transmitted and filtered through the energy field.
- Health is present when balance of the body, mind and spirit are sustained. Conflict and imbalance manifest in specific body systems or body areas.
- The body provides a map tracing disease patterns originating in past lives, which are usually active in the current incarnation.

- Each soul's journey is unique. The following provides first steps to metaphysical understanding of disease processes.
- The heart chakra is not functioning in optimum health as this centre of balance is disrupted in all disease processes.
- There is a lack of love, spiritual love in the life.
- For most souls incarnate at present, the base chakra is not functioning healthily.
- It is important to view the soul; the patient presenting individually and apply the reference steps and root causes of disease. Symptoms and signs may be becoming manifest, or dense energy may be burning away through the physical body. Metaphysical medicine is a double - edged sword, and care must be taken to assess the whole soul personality.

Cellular Dysfunction

- Associated with chaos, stress and disharmony
- Conflict is present within the body's blue - print
- Stressful life, often seeking to balance lost harmony
- Self - directed, unresolved anger

Cardiovascular Disease

- Presents because of imbalance in body, mind and spirit
- Heart connection to the higher self is lost
- The rhythm of life - the heartbeat is disrupted
- A wish to leave the current life is present
- The life - force; flow of life is disrupted
- The vascular system reflects the light vascular system (meridians)

Respiratory disorders

- Disruption in the breath of life; the flow of energy
- Lower tract disorders express a wish for not wanting to remain incarnate
- Upper tract disorders - not so compounded but still restricting flow of universal energy
- Conflict between the lower and higher self is present

Neurological disorders

- A need to control aspects of life, or many lives of being controlled by others

- Blocking of intuition
- Overload mental energy
- Lost connection to the heart (spiritual heart)
- Imbalance of coordination and order
- Fear resident in the energy field
- Unaligned and haphazard energy flow

Endocrine disorders

- Problems with Light and matter interface
- Disturbed flow of universal energy to body
- Conflict, control and imbalance all need re - harmonising
- Heal the heart and open the vision

Skeletal disorders

- Support of life is not felt and structure of life imbalanced
- Patterns of holding on to a life without progressing
- Breakdown in an aspect of life
- Fear

Muscular disorders

- Resistance and fear to moving forward in life plan
- Fearful of consequences of actions

Joint disorders

- Difficulties with issues of direction and choices
- Too rigid or too flexible
- Anger present in energy field

Lymph disorders

- Connection to Light flow diminished
- Requires movements for health, so fear of movement
- Protection from self and others

Gastrointestinal disorders

- Resistance to or acknowledgement of, Spiritual dimensions
- Rejection of Light Energy
- Emotional turbulence

- Anger and fear in energy field
- Control or lack of control felt in the life

Urinary Tract disorders

- Emotional maturity not yet reached
- Inability to metabolise and process emotions
- Unable to let go and move on
- Compounded emotions may solidify and crystallise

Reproductive disorders

- Expression of alpha (male) and omega (female) principles not balanced
- Guilt as an underlying emotion
- Nurturing issues
- Conflict with the precipitation of Light into matter, resulting in greater and expanded life
- Negative life experiences

Infections

- Issues of self-loathing,
- Vulnerability and victim consciousness
- Difficulty with balance of independence and dependence
- Defence of Light and life principles

Skin disorders

- Protection of self and others
- The presentation of the self to others, masking honesty within

Disorders of the senses

- Sight – Not seeing with clarity. Fear of future and past. Clouded judgment.
- Sound – Lack of balance in life. Listening too much or not listening enough.
- Touch – Oversensitivity to situations. Hardened feelings for self and others. Under sensitive.
- Taste – Inability to receive enjoyment within life
- Olfaction – Enjoyment of experiences, many linked to the past as well as current life.

Psychiatric /Emotional disorders

- Escaping responsibility and problems of life which are rooted in past incarnations
- Emotional load deemed too difficult to handle
- Wishing to withdraw from life
- Too much introspection resulting in inward vision only
- Distorted, weakened or fragmented energy flow through energy field and body

Healing vs Curing

He was aware of her during the day - time over the next few days and had the feeling that she was congratulating him on the scribing of what he now called 'Headliners' for the considerations of various body systems. He was several weeks into his extracurricular medical training, but he did not really register the time that was passing so quickly. His days were full, his excitement at learning heightened all the time. He was now able to meet his friends and listen to their adventures or exploits in medicine. Some stories were comical, others sad but he would listen to each intently; ask questions of current life situations of the patients and see if he could marry the current pathologies and morbidities with his new - found understanding and ever - growing knowledge of disease. For the first time in over a year he was enjoying life, and this was noticed by his friends. One even mentioned that he looked lighter – in a way that could not be described, and another said he thought he saw a glow around his body. So, souls who are incarnate are also able to see energy and the electromagnetic field of the body, whom many refer to as the Aura. As he was thinking these thoughts, he heard a loud and resounding 'Yes' within his mind, and then not as loud, came the follow up that many are able to access their intuition, or extra sensory perception; doctors, nurses and all medical and caring workers do, but may not be aware of this consciously. Their actions with their patients flow from this unseen knowledge. He reviewed in his mind, the times when this had happened with him and the image came to him of a six-week-old child, presented with a temperature and convulsions when he was working on the paediatric wards. Absolutely nothing uncommon in this presentation, and the treatment was pretty much standard and uncomplicated. He did not remember being prompted, but he took out his ophthalmoscope and looked into the baby's eyes. There he found signs which were probably more responsible for the convulsions than the temperature. He did not know then why he performed that examination; his colleagues were

impressed as was the consultant. Now he knew, he was acting on intuition and reading the baby's energy without realising. It was lucky for the baby he did.

Their connections were subtly changing, most times they still occurred when he was sleeping, and he could remember all that she told him. Other times he would have no recollection of their meeting but would waken with thick and heavy feelings in his head. Once he discharged this feeling through the practise of the Emerald Alignment and writing in his journal, the head would lighten. Other times, there would be impressions during the waking hours, and he would often sense her, without seeing or hearing. He knew that he was being challenged in so many ways and could always feel the meridian lines within his body clearing. He found water helped immensely, either drinking, bathing or taking a shower, especially by enabling him to feel grounded and energised. While his feelings were of a positive nature, he knew he still had to take care of his body, for often after a communication, consciously or otherwise, he would feel depleted and tired. He was grateful for the Emerald Alignment she had taught him, and he would practise this spiritual discipline often.

In whatever way she presented the information to him, with the help of their guides, sponsors for the life and angelic consciousness helping, he realised that they were navigating the systems of the human body and examining the various presentations of disease, discussing their metaphysical and root causes. He was well - aware of the current life physical causes.

She told him that the medicine in which they were trained, generally had the aim of attaining a cure through various interventions and treatments. Advances in medical sciences were very rapid, and incredible feats of preventing illnesses and prolonging life with a better quality of living, were being demonstrated daily. Medicine and advances that were able to be made in the physical world, were scarring the soul of the patient. The interventions which affected the energy fields of the body are unknown, and the cure of the patient often resulted in holistic, energy field disease.

Until now, the body had been the most important aspect for physicians to comprehend, except for some doctors and disciplines within the profession. Without knowledge and understanding of the energy field aspects of health, medicine is placing plasters over wounds that require further treatments to fully heal. Medicine had become a holistic, emergency 'blue light' service. Viewing health from a holistic aspect, the fires need to be put out, perhaps not even

started. Soul healing should be steady and non - aggressive in manner. There is no requirement for blue lights and alarms.

She again stressed that for physicians to fully heal rather than cure, there must first be an acknowledgement, then understanding of the form and functions of the human energy field, and an acceptance that this field is part of the body. The body and its energy field reflect the health of one another.

Secondly, and she said this would be difficult for many men of science to embrace, is to accept that the body is but a vehicle for the soul that she inhabits. The body has a finite life span, whereas the soul's life is eternal. When patterns of illness are present in the auric field of a patient, they are the patterns experienced by the soul through the many lives she has lived. It is these patterns that carry the soul through her journey of health or disease.

Relationships between doctor and patient have also changed - the autocratic physician who demanded respect, was rarely questioned and his instructions often followed to the letter and was mostly successful; if a patient was lost, the doctor did his best. He was not overtly criticised or held to account. Women entering the profession, brought their own energy to it. Patients wanted a greater understanding of their conditions, treatment options. Still, the expectation for many was cure. Many patients became dissatisfied with any discomfort and wished perfect health. Anything else was placed with the faults of the practitioners... and a culture of litigation grew.

Expectations of the knowledge the doctors possessed became in many ways unrealistic. It was difficult for them to keep pace with the daily advances within their own specialities, let alone in the whole field of medicine. Patients are also required to take some responsibility for their holistic health, and many interact with the physician at a physical level of health only, not knowing or accepting the bigger part of their makeup which is their auric field. 'Make me well, with my choices. If you fail, I will not be pleased'.

The doctor cannot fully heal even if a full physical cure is seen, until there is a mutual understanding, respect and trust between the patient and physician. There will come a time when acknowledgement of patterns held within the energy field will be discussed and addressed by all. This will result in auric cleansing, which will immediately impact the body. When the discomforts and pains held in the multi-dimensional aspects of our being are acknowledged and treated, then true healing, or holistic cure occurs.

In summary, spiritual medicine is soul centred and eternal: physical medicine is body centred and finite.

Body systems healing – the gift of love

Then she began to describe to him the various systems of the human body, she began with the metaphysical pathology followed by the causes of the diseases as seen within the energy field. She then described some of the common physical ailments, diseases and pathologies, followed by holistic healing approaches which could very easily be integrated with the physical treatments and so accelerate both recovery and energy field lightening within in the patient.

She stressed many times during her descriptions that the causes of illness are not palatable to hear, and patients may feel that they are being judged. This is not so. All who have suffered illnesses; all who are incarnate at this time, have energy patterns in their energy fields which need balancing, healing and clearing. The karmic connections between the doctors and patients from past incarnations have an opportunity to become balanced during the period of treatments and consultations. There is no criticism of the journey of a particular soul, as each soul that presents must be viewed as truly individual, and the root causes of their diseases to be discussed with care and the appropriate depth of understanding, until the soul is ready to acknowledge past incarnations and consequences of actions brought forward to the current life. Healing is truly a gift of love, that goes beyond any vocation for physical modalities of health provisions. True love will be honest, will not judge, will acknowledge the difficulties in the patients circumstances and will provide information as required and requested by the soul. True love is patient and will only guide the journey to optimal holistic health. Although the physical cure may be rapid, the metaphysical causes may require much more time to heal and understand, so that the same patterns that caused the illness are not repeated.

Soul journey continues

It was many months that they had been communicating and learning together, and that he had begun to meditate, use some of the simple and incredibly cheap by comparison to many medications, receive body therapies, that he noticed and felt an acceleration of his physical wellbeing, a greater clarity to his mental abilities, and much more balanced emotional responses to life. Yes, he would be affected

and hurt by news articles, by things happening in his neighbourhood, by situations his colleagues would describe, but he would not become entangled. His emotional strength allowed him to offer advice led from a view and understanding he had not had previously. Sometimes, the words he used in suggesting probable causes for illnesses of his colleagues' patients would so astound them as if a light had come on and they would then return to the world of medicine with a different approach towards their problem. He would not have been able to say these things one year ago, as he was still entangled with his own pain, and whether he liked it or not he had to admit he would view his patients through his own pain.

Around this time, he also noticed so many changes in their relationship. Initially, it was so intense that he was unable to ignore the experiences. With times, the flow of her Light and teaching was not like a gale but became a blustery wind and now was like a constant warm breeze within and without his body. A part of him, and yet he could distinguish her from his being. He did discuss these changes with his friends, one of whom was excelling in the field of psychiatry. Whilst sympathetic towards his friend, he warned him not to disclose too much as he would soon find himself admitted as a psychiatric patient suffering morbid grief reactions. He could not explain to his friend, that he was not grieving, but after that conversation chose very carefully to whom he would confide, which in fact, was no-one of the physical realm. How can this wonderful life, this gift to medicine and understanding of life be so lonely? It was about this time that he began to experience changes in his feelings towards her. The love was not yearning. Why yearn for what you have? But the love he experienced when they were both incarnate, whilst all-encompassing and fulfilling did not begin to describe the love he felt when she first connected, and now that feeling was much more intensified. He also began to feel her energy recede. He could not explain the intensity and the qualities of the feelings he had, and yet her presence was diminishing. As he felt her recede, he began to feel other energies connecting with him. When he asked her what this was all about, she told him that she was always with him, but she also had to continue to evolve her soul with other experiences and to connect with others that were written in their soul contracts. He must also complete his journey in the physical realm, learn and pass on what she had given him, and become a doctor of the body and soul. A healer.

It was now six months since his accident and their renewed relationship. He was a little fearful, but more aligned than ever in his physical life, that he walked into the hospital and onto the ward where he was to continue his post graduate training. He no longer needed to attend the cemetery as often as before. While he always knew she was not there, the ritual of grief, offering flowers, made his life

bearable. He would go now, with flowers, smile, clean the small stone, and be joyful while he did this. Those frequent visitors who would see him there were baffled by his change in attitude and affect. He offered words of comfort, helpful suggestions re holistic approaches to the grief they were experiencing, and often the healing touch of his hand on their shoulders. He did this to an elderly man who had lost his wife of many, years. As he touched the old man on the back, he felt an incredible surge of energy flow through him, from his hand into the centre of the back where his hand connected with the old man. He also saw a shadow fall from the abdomen and chest of the man and flow into the ground.

Instinctively he sent violet light to follow this shadow. When he looked at the old man, there was a lightness about him, and he began to speak of their long life together. As the old man spoke, he was able to see the energy field of the man, and how speaking about the shared love and life altered the heavy energy that surrounded him into less dense and lighter energy. Behind the man, he saw a great being of Light, who introduced himself as Jonathon, and said he had waited for many lives that they could connect in such a tangible way. Before he receded, he told him that he would be required to practice all the lessons she had taught him of connecting to Light, to strengthen this new connection.

The following years, his connection with Jonathon, and with friends of Jonathon grew, each offering a distinct aspect of healing, teaching him how to heal and serve his patients. They guided him in his physical journey which was permeated with Light management of his patients. Some made remarkable recoveries, some were changed in their behaviours, all were lightened within their energetic bodies, which he could now see with great clarity and his understanding of this field deepened as he studied and experienced his patients' illnesses and diseases from both a physical and past life, spiritual perspective. Throughout his post graduate training he would introduce aspects of holistic health to his patients and staff, and initially quite subdued in his approach to them, their acceptance and reaction to his approaches mirrored his. As he became more confident, he began to have a staff who were keen and eager to learn all he could tell them about life and ill health. Patients' recovery was much speedier, although he would deal with great physical and emotional pain within his patients, his compassion for them would somehow lift the pain they experienced. His ward and the hospital he worked in was a joyous place, and most importantly for him patients entering could feel the peace. Nearly all would voice this.

He was now the consultant and worked with the hospital administrators in purchasing equipment and hiring staff. He was very successful in his chosen profession. He had risen to this height long before his colleagues with whom he

had shared the pain of his loss of her and who had supported him when he was shot so many years ago. His colleagues were delighted for him, no displeasure or envy. He was the perfect doctor and faithful friend and shared his good fortune, spiritual or material with all who wished to receive of it.

It was now the tenth anniversary of her death, the ninth of his accident. He was carrying flowers and whistling as he visited the cemetery. She would visit him there on their anniversary. He sat by the gravestone and there she was. They conversed a while, and she said again, that while she was always with him, he now had to take a different path, and that this would be the last time they meet at the cemetery. As her energy was receding, her smile and laughter like clear bells wrapped a golden light around him. A ball landed at his feet, and chasing the ball was a girl and a dog. He smiled and patted the dog. As he lifted the ball to give to the little girl, he looked into her eyes, and he understood without any doubt or fear, soul attraction and connection. He could see the ribbons of Light from his heart flow into hers and vice versa. Her mother came apologising for the unruly behaviour of the dog and forwardness of the girl. She smiled, and again, the ribbons of karmic Light began to flow. She sat beside him, and they began to talk, exchanging stories of their losses. She introduced the girl to him by name, and by coincidence of Light, the same name as hers. Anyone witnessing the ease, familiarity between this group of four beings would not have thought they had just met. As he was talking, he was impressed with the next chapter of his life, which he felt had come from Jonathon. He would take a sabbatical year and write of his experiences of the last 10 years of his introduction to Light beings, of his knowledge of illness and how simple treatments greatly augment medical management of their problems and presentations. He would also embark on his path with this woman, child and dog by his side. He invited them to join him for refreshment in the nearby café...

Part 2 – Metaphysics of Disease

Before reading the metaphysical perspective on the root causes of ill health, it is respectfully suggested that the reader aligns their energy. This is because the simple act of reading may trigger and ignite energy patterns held within the energy field which may surface, especially if the condition being read about resonates to the reader in a personal way. Reading about the root cause of the disease may be sufficient to allow a cleansing and a clearing to occur, or the energy may manifest with experiences of discomfort. If this occurs, and a release is experienced with discomfort, then a further alignment of personal energy, taking a bath, using Rescue Remedy (if available) will ease the discomfort. If the surfacing pattern is deep, then it would be advisable to seek a therapist to assist the healing process. For the alignment technique see Section 3 – Holistic Self Help Techniques.

CARDIOVASCULAR SYSTEM

He could see in his mind's eye, a heart. Not the romantic Valentine heart, but the heart of the human body. This heart had feelings and could express them to him. It was a lonely heart, sorrowful and sad. It broke. It broke because of the pain, suffering and neglect it had endured through its many life experiences. It did not know how to protect itself. It was the purest of hearts at its beginning. It was naive and as such was open to abuse and exploitation. This heart knew nothing of revenge or other negative feelings; it knew only to love and remembered only the purity of Light from the realm of where it came. It remembered being told to live in peace and to be able to give and receive unconditionally. In time, this heart was found to be clothed in a physical body. As this heart continued and journeyed residing in a body, it gave and gave and received, until a time came that instead of receiving peace and love unconditionally, the heart found itself to be neglected, abused, used and discarded. It began to give its beauty in the hope of receiving some in return. It had forgotten to give without conditions. The heart of purity, love and Light shone no more. It became dull. The man wearing the heart at first suffered some discomfort and then increasing pain. The pain would occur at times of emotional distress and then physical distress. Eventually the heart and the body and the man were no longer able to fend off the pain and the heart broke. The body suffered a myocardial infarction. The heart within the body could no longer bear the discomfort and distress of the heart of Light which no longer shone. The man and the physical heart, in suffering the pain and distress of the heart of Light, were allowing it an opportunity to regain its shine and its purity. In

time, this heart told him it was able to shine, as it remembered to give and receive peace and love, with no expectations of return. The heart of Light remembered its true home.

Metaphysical pathology of the peripheral vascular system is primarily due to a dysfunction of the base chakra and associated dysfunction in the minor chakras of the limbs. The energetic circulation is compromised. The cause of this is friction within the emotional energy field; a resistance to grounding the energy flowing through the body, and difficulty in embracing the life plan in the physical dimension.

Metaphysical pathology of heart disease is a consequence of the dysfunction within the heart chakra. Armouring of the heart chakra because of hurt and painful relationships, may cause disrupted flow of energy within the heart energy, a rupture of the ventricles within the heart chakra or a complete block of flow in the most severe of cases.

Acquired (Peripheral) Vascular Disease - current and past life experiences wishing to withdraw from the current life, resulting in diminished energy flow through the energy field and so through the body. There is a readying to leave the physical plane without yet taking the physical life. Surgical intervention allows the opportunity to view life differently, as do the symptoms of restricted flow from the heart. If the opportunity is not taken, then symptoms will worsen or if surgery has been curative, but no consideration of energetic causes have been appreciated, then diminishing of energy flow will occur again, and manifest later in the life of the soul's journey.

Aneurysm - Aneurysms occur through lack of flow of energy which sustains the demands of the physical life. The soul may wish to withdraw from situations within life, or compounded effects of the inability to express the flow of emotions, of love. A rupture of an aneurysm indicates that the soul is spent of energy concerning the flow of emotions. The soul may have made attempts at securing emotional flow from others, but there has been no reciprocity, so the soul feels aggrieved. For this to happen there have been many past life incidences of similar experiences which have now become precipitated within the body as the energy field can no longer hold this compounded pattern.

A thoracic aneurysm is indicative of spiritual conflict, and lack of balance in all aspects of life. Abdominal aneurysm reflects imbalances within the emotional and spiritual flow, while Berry aneurysms reflect imbalance between mental and spiritual energies from past lives when the Light life was acknowledged but

physical life was not lived to the full. The ego may have been very active at the expense of spiritual life, and this affords an opportunity to rebalance in the current life without rupture of such an aneurysm with the Circle of Willis rupturing in later life. The connection between heart and head has not been smooth. Collateral flow is present, so every opportunity is given to preserve the physical life and heal the soul as the body was being built in the Light. If a congenital Aneurysm does rupture in later life, then the rebalance has not been sufficiently achieved, and energy remains to be qualified in a different way either in the current or future incarnation.

An Aneurysm affecting the Circle of Willis shows the connection between the heart and the head has not always been smooth. Collateral flow of blood is present, so that every opportunity to preserve life in the physical and heal the metaphysical form is given, when the body is being built in the light.

Arrhythmia – When flow of energy through the heart chakra is irregular and inefficient to sustain a rhythmic flow of energy to the body. Light impulses received by the heart are as much as a damaged chakra may receive from the universal flow of energy, and then this affects the flow of Light in the light vascular system which then affects the physical heart. The level of disruption of Light flow, energetically reflects in the manifested arrhythmias physically.

Ascites – The result of an emotional energy field being so overlaid, the energy is precipitated and placed down to the abdomen which the solar plexus governs. When the Ascites is secondary to Carcinoma, this shows the great emotional cleansing that is being undertaken with the Cancer and if secondary to heart failure, this demonstrates that the emotions are so heavily burdened, they limit Cardiac flow both energetically and physically.

Heart Block – Damages lie within the ventricles of the heart chakra. Subtle energy changes manifest in the various degree of heart block. First degree block reflects an uncertainty in life and its flow. Second degree block indicates that life is wishing to be withdrawn and with third degree block there is no harmonious flow in any of the Light bands and energy is transmitted to the heart as is possible. With sick sinus syndrome there is disruption of energy to the physical heart. The heart chakra closes as syncope occurs.

Arteritis – With arteritis there is deep seated anger held in the energy field which is transmitted to the associated heart chakra and then to physical manifestation. When the temporal arteries are affected, the affected chakra is the third eye, which holds the energy of anger within and may also be due to past life head

trauma. Children often bang their head when they are distressed, and this causes further damage to occur if anger is compounded and not addressed.

Cardiac Valve Disease - Regurgitative valve disease shows that the life force is leaking from the energy field. With Stenosis, there is a block in the ability to receive the flow of life force. The resulting diminished flow reflects a wish not to be alive and a withdrawal to the Light through fear. There is frustration and anger within the emotional field with respect to physical life achievements.

Cardiomyopathy - This condition presents when there is conflict between the higher and lower aspects of the personality. With congestive cardiomyopathy the solar plexus, base and sacral energies are affected. The result of the impact on the light vascular flow is that the life force is accepted but not metabolised. The body accepts nourishment and Light but does not use the Light for life force to flow. Hypertrophic cardiomyopathy, with the increased muscle bulk, reflects resistance to higher aspects to life. There is a great desire for flow in physical life but not in the spiritual life.

Chest pain – Body and energy field carry heavy burdens of anxiety, concern, stress and fear. The heart and solar plexus chakra feel these concerns and as the heart is affected, the pain is experienced. The chest pain is a warning that the heart is stressed just above the physical body in the energy field. Chest pain provides an opportunity to prevent illness being manifested physically.

Congenital Heart Disease –When septal defects, or a patent ductus arteriosus are present, the conflict in the energy field is brought into the physical incarnation. This has been a Light choice before conception. Once the density of the material, physical world is experienced whilst in utero, the soul wishes to withdraw and not to participate in the upcoming incarnation. In utero, when the condition is developing, further conflict is experienced by the soul and the wish not to be born becomes more prominent. Medical intervention halts the immediate return to the Light and offers an opportunity to deal with the current life circumstances and life plan.

Coarctation of the Aorta – The flow of energy is directed from the lower body to the crown and occurs when the life plan may appear to be too difficult. Again, this demonstrates a desire to leave the heavy lower body and to return to the Light.

Dextrocardia – This is indicative of upper and lower, right and left aspects of personality that are not in balance. There has been great devotion to spiritual aspects of life and lives of spiritual service. The service should be brought into the

physical dimension unconditionally, but in the past the service that had been given to achieve spiritual superiority, may have been rewarded with physical acknowledgements. The ego had been developing at the expense of wisdom. The position of the heart in the chest is a reminder to bring balance to the physical life.

Emboli – The origin of the embolus and its effects demonstrate the link between emotional imbalances. It is not possible for the soul to give emotional flow and energy without causing self damage physically. An embolus indicates a need of receiving affection and love from others, and this flow is blocked as soul memory compounds the hurts and vulnerabilities from past incarnations.

Endocarditis/pericarditis – The development of fluid surrounding the heart demonstrates the hurts to the heart through many lives. The fluid is reflective of the emotional defences placed around the energetic heart bodies. If these issues of pain are addressed and the emotions are strengthened and protected, whilst learning that discernment in all relationships is needed, it will result in cleansing of the heart and making way for heart led relationships to blossom.

Haemangioma – Capillary haemangioma offer the opportunity to fully transmute past life memory and injury pertaining to the part of the body where the haemangioma develops. If this does not fully recede in childhood, a deeper understanding is needed by the soul. Cavernous haemangioma are unsightly reminders of the energetic emotional pattern and of past life pain and injury that need addressing. If the haemangioma occurs in the liver, this indicates an emotional energy that is not flowing well and is not able to balance negative emotions.

Heart Failure – Failure of the right heart demonstrates that flow to the lungs to receive the breath of life is not wished. The body wishes to remain in the physical sphere only. The energetic heart weeps into the lungs. With left heart failure the flow of energy is to the physical being. Here there is a need to address and sustain levels of unconditional and selfless interactions with others. It is most important to forgive the self and others, as this is what is most required to heal left heart failure and redress balance within the energy fields.

Hypertension – Manifests when the incarnate soul cannot process emotion energy due to resentment held within the energy field. If this is addressed and healed, other co-morbidities associated with Hypertension need not manifest. The soul may have a history of being demanding and manipulative with an inability to see her own difficulties. The soul may see herself as a giver and helper. If this

happens with conditions, then resentment builds within the energy field. To achieve emotional flow the solar plexus and heart chakra need to balance and flow in respect to each other.

Hypotension – Here, insufficient energy is available to all the chakras, especially the base, solar plexus and heart. Depressive illness may be associated. Depression carries an energetic pattern of manipulation and victim consciousness. There is a need to establish personal identity.

Ischaemia - The throat, heart and solar plexus chakras are affected when ischaemia manifests physically. The ability to express emotional pain was not possible in the soul's journey and history. This caused scarring in the emotional energy, as the jaw clenched and tightened. The throat energy was not used. With the pain experienced, an inability to embrace life followed physical or spiritual aspects of life, so the pain radiates from the heart centre to the arms. To deal with the emotional pain some souls turn to substance misuse, so the base chakra is affected. The heart chakra breaks open to heal the pain but then closes because of being hurt physically and the emotional memory of the soul assists in the closing of the heart chakra.

Infarction – The energy flow to the heart chakra and physical body temporarily ceases. This offers the soul time to redress balance in the life. A non fatal heart attack allows issues that have scarred the heart to be released and to let go of the held bitterness and fear. If the infarction is fatal, a choice had been made by the soul to leave the life with scarred heart and energy fields, to clear in later times. The event of sustaining a fatal Infarction does clear some of the emotional load held by the soul before its return to Light. Convalescence should be offered so that reflection of the journey travelled so far, either physically only or physically and spiritually, may begin the journey to wholeness. For example, obesity may be associated with infarctions, and the idea of feeding the emotions through the solar plexus may be considered. Recovery without a period of reflection usually adds more anger and confusion to the energy field. Bitterness held in the energy field is compounded and hardened. This may lead to further infarctions in the current or later lives and may be fatal.

Oedema – the collection of fluid in the periphery of the body results from poor emotional flow. The base and solar plexus chakras are most affected, and the soul is heavy with stagnant emotional energy, which it is unable to process or understand in aspects of its physical life and physical relations in the incarnation.

Pulmonary oedema - dyspnoea from pulmonary oedema occurs when there is a desire to withdraw from the physical dimension. The emotional flow from the heart is thwarted and the physical heart cannot cope. It tires and releases emotional energy into the lungs. The breath carries the universal life force into the physical body that allows the life to be lived. If the Light received cannot flow to the chakras, then they close and so do the gateways of the chakras to the physical body. This occurs when the life is perceived to be too difficult to accomplish and conflict is present between the heart and solar plexus.

Palpitations – Sinus tachycardia demonstrates a disruption of flow between the heart and the solar plexus chakras. If no pathology is found physically, this may indicate a quickening of emotional flow; either excitement or fear at the next chapter of life the soul is to experience. If this is long standing with physical pathology, the soul is not heeding energetic cues and nudges to change its outlook and life. Sinus bradycardia is a product of insufficient flow of energy between the heart and the solar plexus, as a result of emotional energy not being processed and allowed to flow.

Physiological murmur of pregnancy – A physiological murmur of pregnancy occurs when the fear of and karma of pregnancy are present. This may herald a vulnerability in later life and some cardiac valve disease may manifest. If this is addressed at presentation then the mother should be able to mitigate the symptoms at the very least, should they need to present later.

Shock – A total shut down of energetic flow which may be temporary and allows for a short but intense rebalancing of energy and emotions or progressive, as in cardiogenic shock, which the soul has agreed as a means to exit the current incarnation and transmute as much as possible in the last moments of physical life.

Thrombosis – Anger and emotional difficulties manifest as thrombosis both superficial and deep. Solar plexus energy disrupts the flow of blood to the heart. Thrombosis occurring secondary to carcinoma reflects the deeper emotional cleansing that is occurring with the primary disease. The heart cannot accept flow of energy because of the anger that resides, and it is fear blocking the energetic flow.

Vascular Disease – the base chakra dysfunction associated with minor chakra dysfunctions is the energetic pathology resulting in the meridian flow being slow or stagnant. This is the result of a detached soul that is not grounded in the life. Metaphysically the flow of life is love. The souls may be passionate and emotional

beings, but the energy of unconditional love needs to be strengthened within them.

Vasculitis – When vasculitis presents, it shows widespread energy field damage. It is an emergency call from the energy system caused by deep and compounded patterns of emotional negativity. The energy field is disrupted in all its bodies. The Light vascular system and the chakra system as energy are not flowing, resulting in the infarction of tissues physically. A deep victim consciousness is resident within the energy systems of the body.

Varicosities – Varicocoele demonstrate a difficulty in the energy field with respect to balancing alpha male energy in all aspects of relationships, especially intimate. Haemorrhoids reflect an inability to release spent emotional energy, holding onto hurts that the soul has experienced. Oesophageal varices result from an inability to accept the flow of energy and the angers restricts the flow of energy from the heart.

Varicose veins – These demonstrate anger and trust issues mainly. There is insufficient flow of these emotions to allow their release from the energetic bodies. In the upper leg the anger that has been brought forward into the life from the past, the lower leg demonstrates how the future was faced in previous incarnations. The inner thigh shows how issues of the self are hidden and the outer thigh shows past life manifestations of anger in the current life. The inner calf indicates how anger plays a part in the ability to deal with emotional situations and the outer calf reflects the outer life such as occupation and relationships and the anger associated with them. Varicose veins over the knees are indicative of rebellion to the life path.

Conclusion

Healing of the cardiovascular system involves most importantly, the balancing of the emotions, which may be addressed in an allopathic or holistic setting. It is necessary to identify the key emotional disharmony in the current life that has been carried over from past incarnations. Sometimes this is very difficult to access or even acknowledge because of the pain associated with this energy. Accessing soul memory with a qualified holistic practitioner would help with identifying this energy. Once identified, the process of understanding, integrating and healing this soul wound needs to occur. Many holistic modalities will help in this part of the journey. Crystals such as selenite, kunzite, rose quartz and specially programmed rose Hearts of Light may be worn and carried. Crystal

healing configurations for the chakra healing may be placed on or around the body. Meditation and the Emerald Alignment will facilitate this journey greatly.

BLOOD DISORDERS

The metaphysical pathology that affects blood disorders is primarily concerned with the base chakra dysfunction, due to not allowing the soul to be fully grounded to the life and matter. Associated with this lies pathology within the solar plexus chakra. In many past incarnations there has been overprotection of the self and of others thereby limiting potentials of the journeying souls. A victim consciousness may be associated with some of these incarnations. Emotional difficulties which affect the base result in an inability to engage with the physical life fully and the wish to withdraw from the life fully or temporarily.

Anaemia – If anaemia manifests in the current incarnation, it will have roots of withdrawing from the Light in previous incarnations. Duality of the soul has been experienced in the past; not seeing life as spiritual and physical flowing together, and not acknowledging or accepting the spiritual aspects of life and the order it brings.

Aplastic Anaemia – Here there have been patterns of complete withdrawal of life force. Universal Light flow is diminished in all energy channels. The autoimmune disorder allows for great clearance, providing opportunity to release emotional conflict. It generally occurs in later life when opportunities to cleanse the energy patterns within the energy field have not been sufficient. It is associated energetically to long term exposure to chemical substances which are being taken, to live in the shadows of life rather than engage with it. Aplastic anaemia, which is transient due to receiving chemotherapy, allows a greater clearance of emotions from the original cancer.

Deficiency anaemias - Here, vortices of the solar plexus and throat chakra are not functioning well, and the body's biochemical systems cannot function well. In the past incarnations, a very strong ego which was damaging to others was had by the soul. With microcytic anaemias, the energetic pattern is that of control and there is a need to be more flexible. Macrocytic Anaemia shows transmutation manifesting physically. The emotional difficulties have been understood and are being released in the present incarnation. The energy channels are open and wish to receive more universal energy and do so, passing on the greater Light to the red

blood corpuscles, which grow bigger than required with the extra flow of energy afforded to them. They will in time and life rebalance to a normal size.

Haemoglobinopathies – Haemoglobinopathies demonstrate a withdrawal of universal energy from life. In past incarnations the faith has been tested and the experience has been deemed unsuccessful. There is a need to acknowledge universal light force and call upon it in times of fear and doubt. The geographical distribution of thalassemia's reflects tears in the global energies associated with conflicts and battles in past times. The soul chooses to experience haemoglobinopathies so that it may learn to trust in the universal life force. These choices are made at national and international levels.

Haemolytic Disease of the new-born – There is karma between the mother and the child. In the past there may not have been sufficient nurturing in this karmic relationship, not necessarily as mother and child. In the past one of these souls may have helped in causing the death of the other, either directly or indirectly.

Haemophilia – A leak of energy within and around the body because the building blocks of life have been compromised. In previous incarnations protection of the body and soul in one or both physical and spiritual aspects of life, may not have been sufficient.

Leukaemia – Here, past life memories of overproduction and over protection become manifested. The energy of fear stops flow of all energies to a certain degree. The wish to protect is so great that it smothers the soul that is being protected. This energy then develops cracks in its defences and results in sporadic flow of energy to the body. This energy of protection is often related to protection of wealth. Leukaemia clears the entire energy field system from fear of loss.

Myeloma – Protection issues from past times are also relevant in myeloma, but to specific areas of the life. The body will provide a clue. Where the myeloma appears physically is governed by a particular chakra. Then, the need to see what emotional issues relate to this chakra will point to the specific area of protection patterns brought into the current life.

Splenic trauma or rupture – The spleen as an organ of haemopoiesis, is the connection of emotional flow with the substance of life. If the spleen is ruptured it signifies a break in the emotional flow so great, that emotional life cannot be sustained. Flow within the capsule of the spleen is indicative of current or past life emotional freedom that has been curtailed forcibly or voluntarily.

Thrombocytopaenia – An energy of being overzealous in the wish for Light to be received and flowing in the body (the opposite of leaking Light). There may not have been sufficient discrimination in divulging the mysteries of Light or the distribution of physical wealth. This damaged the giver and the recipient. The flow is so great that it needs to be restricted and balanced. The other energy causing thrombocytopaenia carried from previous incarnations is that of having had much wealth, spiritual or material, but fear did not allow it to be passed on. With the non-flow of resources the life force (blood) is let, to loosen the stagnant flow.

Conclusion

In healing the energy field of the soul, the past life issues of not engaging with life being lived and discussing the control and protection of others and the flow of energy to others and to life is overcome. There is a need to acknowledge at some level the flow of universal life force. This may be helped by accessing soul memory through soul recall, meditation and alignments. Colour therapy may be useful for some, and the carrying or wearing of a ruby crystal to help balance the base energy and productions of blood cells, platelets and corpuscles.

RESPIRATORY SYSTEM DISORDERS

The metaphysical pathology that results in respiratory system disorders is a dysfunction in the crown energy which affects flow to the body chakras especially the heart. The root causes of chest symptoms and diseases are a resistance to and an acceptance of the Light. It is difficult for the patient to accept life energy, or the breath of life. Life plan chosen in Light, has been considered too difficult in the material world, which over many lifetimes has resulted in duality and conflict in all aspects of life. Respiratory disorders afford a deep cleansing to the energy field.

Cough - There has been much anger in the past, and there is now barking at life and light. A persistent cough clears the throat energy that has not been utilised for expressing the soul's truth and wishes. Once the ego energy that is resident within the throat chakra is seen as only being important to the physical life and no more, it is surrendered to Light and the cough clears.

Cyanosis – Cyanosis reflects a pattern of resistance to nurturing the self in the life, and so the life force flow is blocked.

Dyspnoea – Breathlessness shows a gasping for the Light and for life, and a wish to travel the correct journey.

Haemoptysis – a withdrawing from physical life is wished.

Stridor – This condition reflects an energy of desperation and wishing to leave the incarnation. Stridor is often associated in the life plan of a gateway opportunity.

Wheeze – the flow of both spiritual and material life is turbulent and in conflict.

Asthma – Sufferers of asthma have in the past denied the existence of the spiritual realms. The turbulent flow of life associated with negative emotions is demonstrated when the wheeze appears. Whatever life situations are accepted, the acceptance has been resistant fuelling further difficulties in the energy field. The planet currently is not receiving sufficient positive energy from the flora and fauna and is severely polluted and sullied. The young are susceptible to the environment, exacerbating any held patterns brought into the life. In adults the patterns of personal accountability are being manifest.

Amyloid – Here there is a keenness to grow and bring forth new life. There has been in the past inappropriate or indiscriminate use of this energy, so the deposition of this protein is inappropriate. These souls may have exploited others through their gifts in past times.

Chronic Lung Diseases:

Bronchitis – demonstrates a misuse of spiritual energy in the past so now there is fear resident in the energy field and a restriction in the flow of life. Emotional difficulties are enhanced and so diminish what flow there is available for life by the secretion of mucus. There has been great fear to releasing this energy and allowing the flow of life through misuse of alpha masculine energy. They gasp for the breath of life and receive the barking cough as the conflict and anger clear in the energy field.

Emphysema – These souls have reached, touched and received the Light in previous incarnations, but have not used the gifts received to help others. The body is attempting to breathe and flow harmoniously, but it cannot. To settle this energy there is a requirement to help others.

Bronchiectasis – Bronchiectasis demonstrates emotional energy that has been taken from others and has been stored so it cannot flow. There is a history of sucking up of others energy and life.

Legionnaires Disease – This reflects to lives where the mental energy was very strong and out of balance. Many Atlantean memories are surfacing in the world and spearheading medical science. This is so, especially in the hunt for treatments and vaccines for the current Covid-19 pandemic. It is important that the crown of the scientists remain open and the mental energy does not deplete the spiritual band of the energy field.

Mesothelioma – There has not been sufficient protection of the spiritual energy in the lives that have been lived, resulting in an overgrowth of the physical shield. The fluid that exudes and contains cancer cells are seedlings of emotional negative energy that are to be released and transmuted. The lesson of the soul is to discriminately protect the spiritual energy whilst incarnate.

Neoplasm – The heart and lung chakras show dysfunction. There is a need brought in from the past to truly acknowledge the true state of being, life and who we are - that is a soul residing in a body, and the soul's purpose is to serve the Light by being of service to others and not just the self.

Pleural effusion – The soul shields itself from spiritual energy by acquiring emotional coats, so hindering the Light and the universal energy from coming into the body. The emotional self control is so great that all giving has been conditional. There is a fear of unconditional giving and of being of service to the Light through the service to others.

Pulmonary oedema – see Cardiovascular.

Pulmonary hypertension – Great fear resides in the energy field, and the incarnated soul finds it easier to resist a path rather than to change a path. There is limited flow of energy to the heart and the heart chakra itself may be fully closed depending on the severity of the hypertension.

Pulmonary fibrosis - A resistance to life and to the Light brought in from past incarnations. Stubbornness and inflexibility are energy patterns the soul has brought in, to cleanse and release. Many of these souls are unable to give and to receive, so there is no flow to their life. They are stuck and are unable to move.

Severe acute respiratory syndrome (SARS) – This and other respiratory disorders have occurred because of accelerated energy at the cusp of the two celestial ages. Many such as this have manifested in recent times. The Light cannot be accepted so there is difficulty with the mechanics of breathing, which has left a vulnerable energy pattern to be penetrated by the infecting virus. The cumulative karma of

living and denying the spiritual realm results in the heart and thymus chakra energy flow to be restricted or blocked. (The thymus chakra is a minor chakra situated just above the heart chakra and is sometimes referred to as the upper heart chakra). The soul connection is lost, and in the East, there has been much history of denial to Light in recent times. The supportive measures needed to maintain physical life allow the Light to begin to spin once more in the heart chakra. The Light releases negative patterns in the energy field as it begins to spin and transmutes through the physical body.

During the last century there has been much global cleansing via the vehicle of infections and if lessons are not learned, many more will probably be experienced and overcome. Infections such as Spanish Flu, Asian Flu, Hong Kong Flu, Swine Flu, Bird Flu, SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome).

Coronavirus (and the latest at the time of writing - Monkeypox) are animal related respiratory illnesses. Mankind is destroying the natural habitats of animals and by doing so has erased the line that the Godhead created between humankind and life streams. Man, in his continued arrogance and ignorance, has deemed himself superior to other life streams and wishes to control rather than guard the worlds of which he is custodian (there is much reliving of negative Atlantean memories as science advances. There are many positive Atlantean memories also surfacing in scientific research and advancement, but unfortunately the negative advances and memories outweigh greatly the active positive ones. Many Atlantean memories are surfaced in the stories of a flood in various cultures and religious beliefs. Noah, in Christianity and Judaism, saved the animals). Once an energy portal has been created between man and animal kingdoms, then the transference of energies is allowed, hence the diseases manifest.

COVID-19/Long covid – Those who are susceptible to long covid and choosing to stay and live to overcome the negative energy imprints that they carry. They have the strength to overcome this difficulty if they so choose, and have all the help they require, both physical and energetic. Or they can submit to the illness and leave the life when the gate to Light is reached as ordained in the life plan. The acute covid infection was karmically insufficient to cleanse the negative imprints of past karma and lives with respect to the animal kingdoms.

Cross Species Respiratory Infections – These afford a purging of the energy of mankind and the relationships of humans to the animal kingdom in general and the species causing the infections specifically.

Conclusion

Access to past life memory would be an invaluable tool in understanding and accepting the resistance to accept the Light. Healing crystal configurations to heal the memories, the chakras and the energy bands would greatly augment and speed the journey to wholeness. The carrying or wearing of turquoise, lapis lazuli, labradorite, rose quartz and emeralds could be employed as appropriate. The practise of yoga to open the chest and focus on the breath as well as meditations and alignments are all useful in healing the respiratory system. Vibrational healing modalities such as gem and flower remedies, and aromatherapy oils will all help to strengthen the connection of the lower being to Light.

NERVOUS SYSTEM

The breakdown in the energy field that allows neurological disorders to manifest sit within the crown and heart chakra and is due to an unaligned flow because of an imbalanced relationship between these two centres. The mental and emotional bodies of energy having their flows disturbed, results in inhibited flow of energy to the spiritual body. The cause of this is that the energy of the right side of the brain which connects to soul energy and the left side of the brain which aids discernment is not flowing well between the two halves of the brain. This results in making decisions and choices that are made from the mental energy and are ego led, rather than made with the overview of the right side of the brain. There was great need in the past to control the self, others and situations. The mental energy has become the control panel for life as wisdom and integrated knowledge decline and intellect and ego grow without spiritual connections. The mental energy reflects and augments the chaos and disturbance in the life and the environment.

Ataxia – Ataxic diseases demonstrate the wish for withdrawal of the physical life, and not wishing to engage the brain in the physical life. There have been many lifetimes of passivity and non engagement in the incarnation. The attempts to engage in life as requested by the soul shows uncoordinated body movements as the relearning of spatial awareness, flow of energy between the auric field and the body are re-established.

Autism – An inability to express emotionally has been present in many lives, however there is often an ability to express creatively. Many of these souls are incarnate as teachers, to help others in their soul group master energy through

love. Many aspects of energy have been mastered by these souls in previous incarnations and are present in the current life as a gift to aid the current difficult incarnation. Much imbalance with the energy of focus – too much or too little has been present in past incarnations.

Bells Palsy – The sufferer has been hiding their true feelings through many lives, with fear and doubt present in the energy fields. Their own truth has not been expressed because of fear and are now clearing these patterns by being paralysed with fear in the current life. It is a transient condition with the opportunity to fully balance this energy. If paralysis is permanent due to a tumour, then there is deep cleansing of emotional issues relating to fear and doubt occurring.

Cerebral Palsy – The karmic patterns of needing to control are brought into the current life if the palsy manifests as being hypertonic and spastic. With hypotonia and flaccidity manifested, then the soul has in the past been controlled too many times and has now chosen to clear victim consciousness of disempowerment in the current life. There has been a great emotional dependency on others, and often the inability to express fear has been deposited within the energy field. The soul chooses a lifelong difficulty so she may live in freedom in the subsequent incarnation.

Cerebrovascular accidents – The soul has opted to release patterns of control, dependence and acceptance through experiencing the physical difficulties of a stroke. When speech is lost or affected the soul has, in the past, not used the throat energy or has abused it in order to gain control. The soul may not have spoken her truth or has wilfully misunderstood others, so the speech has been affected with the stroke, as the soul has chosen to relearn to speak. A right sided stroke reflects mental overload while the left shows resistance to the spiritually creative aspects of the soul's personality. Sensory losses indicate that in the past there has been a reduction or closing off from the emotional aspects of life, and the soul has been led by thought without feeling. She may have had many successful lives of leadership, perhaps not using the responsibility wisely. Cerebellar strokes affecting balance and coordination are an opportunity and the soul has chosen to rebalance often very strong and flowing energies of the aura, which have not flowed in harmony but in a compartmentalised fashion. The opportunities in physical life that were presented to the soul had not been taken to establish flow between these strong energies. Many of these souls are at the end of their cycles of lives, having mastered strong energies, but required to establish harmony and flow between them. Activities such as feeding, walking and pointing are relearned and the flow between energies begins.

Coma – Coma affords an opportunity to decide whether to leave the current life or stay, and the length of the coma is indicative of the conflict experienced. Circumstances around leaving the life and familial wishes for recovery all pull to the physical. The soul is caught between two planes.

Dementia – Deep soul wounds of control patterns manifest as dementia. There may have been no responsibility wanted for previous incarnations and now there is loss of responsibility. The soul can recall both near and distance pasts and allow feelings and grudges that are held to be released and cleared. Lucid moments allow intermittent understanding and opportunity to release patterns with those around them. These souls are resident in two planes of existence and use this as a method of escape from the current situations. The mental energy breakdown is demonstrated by hallucinations, which are experiences from the past that are accessed, and when brought to the physical plane, may further augment the mental energy damage like a self - perpetuating cycle. If dementia is experienced earlier on in life, there are deeper wounds to clear. If a later onset of dementia occurs there is also a cleansing of patterns, but the soul is helping the incarnated energy to return to Light. Short term memory loss facilitates a detachment from the physical plane, and subconsciously allows the forgetting of overwhelming feelings. In all incarnations the soul has demonstrated great strength and focus to family. Resentment may be built up if this focus and family care has not been acknowledged. Now, they are dependent in some way on those close to them. Long term memory is generally saved, and this does hold resentments which can occupy the later life.

Dyslexia – This is a gift brought into the life to balance the heart and mind. This soul has great strength of both the mind and the heart, but the connections within the brain, right to left, or vice versa are not flowing well. Young children who receive healing and help to balance the heart and mind, can expand in all aspects of their lives.

Mute dyslexia – These souls will speak to a resonant or opposing energy and have control patterns within their makeup that require balancing. These souls make definite choices whether to speak or not.

Epilepsy – Seizures allow periods of disconnection from the physical plane. The tonic-clonic episodes reflect flow, non - flow patterns of past lives. The post ictal state allows the fragmented energy to begin to realign. The imbalance between heart and head is large. Children build clauses into their life plan to have episodes from which to opt out, to gain strength and guidance. Adults opt out of

physical responsibility if they are displaying absence attacks; the current life situations feeling to be too great to deal with. Resident anger is released through seizures, and in an overt fashion with diseases such as Jacksonian Epilepsy. The brain stimulations induce states similar to near death experiences. As they produce vibrations in the non - physical realms as well as physical ones. Some of these vibrations are experienced more fully in some souls and with greater clarity and remembering than in others.

Guillan-Barré syndrome – The soul is attempting to leave the incarnation. The difficulties currently encountered may be cyclical, age related from a past life or a cycle of energy from the past returning. Coupled with the inability to act, there is a sense of hopelessness, and feeling paralysed with fear, there is a withdrawing from the life. Victim consciousness is manifested physically but is balanced greatly as recovery occurs. With recovery there is a renewed hope which allows life to be lived more fully because in the unconscious episode of the disease, much guidance has been available to be received.

Head Injury – There has been an attempt by the soul to knock the mental energy into alignment or it may be a vehicle by which to leave the present incarnation, after making a last attempt to balance the mental energy field. There may be associated visions of other planes of existence, and there may be associated bleeds which raise the intracranial pressures (see below).

Hydrocephalus – raised intracranial pressure. Emotions have been firmly planted in the mind because of heart, head and emotional imbalance. The emotional body is so full and cannot flow so it has become stagnant and affects the mental energy, which in turn becomes overloaded and is looking for an escape, which is attempted by raising intracranial pressures.

Headache – When the mental energy is poor flowing, stagnant or over excited, headaches manifest. These are often associated with resistance to life plan or future changes to be experienced in the life. Headaches allow the flow to become more balanced and even, cleansing the stagnant energy if required. Migraines reflect a mental energy that has migrated and is not in balance with the rest of the energy field. The soul is not wishing to deal with current life situations because fear and the emotional load distort the outlook on life. During a migraine, the flow of heart energy to the head increases, the rapid adjustments causing many of the pre-pain symptoms.

Huntington's Chorea – There has been much long standing and compounded anger to omega energy and women, brought in from the past. Light pushing

through the energy as the anger is exhausted, physically manifests as the sudden and violent movements experienced.

Meningitis and Encephalitis – the cerebrospinal fluid becomes heavy and dense removing the fall in consciousness experienced by the soul in the past. The energy field is dense and heavy around the brain and is lightening itself in this way physically. On recovery, the fluid returns to normal and reflects the lightening and cleansing of the mental energy. The dependency on the physical world and denial of spiritual energy in the past is a root cause for this disease. If there is residual brain damage following the infections, then the soul has opted for a deeper cleansing and learning for all concerned in the soul group. Loss of consciousness allows opportunity to receive guidance, and to decide whether to stay or leave the current incarnation. Children who have strong light connections choose meningitis to clear karma of spiritual denial before they reach adult life. Clusters of infections allow local karma to be cleared where strong karma exists between the family and soul groups affected by the infections. Karma is balanced personally and geographically. With encephalitis, the soul aetiology is similar, but a greater mental energy clearance occurs, so that a greater spiritual connection may follow. Encephalitis affords a greater clearance of energy patterns and a lighter mental energy follows so the pathway to spiritual reconnection is open once more.

Motor-Neurone diseases – The soul has been controlled by the ego over many lives and the mind remains in control. Acknowledgement of emotional partnerships is required, both physically and spiritually. There is a need to relinquish control over others and cleanse such patterns, and this happens physically as the body fails and is dependent on others who have agreed to this karmic partnership. The mind is still aware, so must balance the control patterns in difficult circumstances.

Multiple Sclerosis – The experience of short - lived demyelinating episodes offer the soul an opportunity to resolve inner conflicts. One attack may be all that is needed for full realignment for a particular energy that had been brought into the life to be healed. Progressive episodes with resolutions begin a deeper and a greater auric cleansing. Sufferers have controlled others through illnesses and have a subconscious awareness that illness allows control over the lives of others.

Sensory loss illustrates that in the past, walls have been built to protect from feeling and seeing. As the walls crumble and the healing journey occurs, anger may surface. If motor loss is majorly difficult, then this has resulted from giving away power because of fear. Excretory difficulties show lack of emotional flow and

the holding of deep hurts. Assisting in the evacuation of stools demonstrates the difficulties in processing and releasing emotions, requiring the help of another being, to handle the emotional flow. Many develop childlike patterns in the eliminatory systems enabling the incarnated soul to remain childlike and not mature, or to relearn and cleanse from the experience. Associated euphoria allows the soul to escape from reality and allow the soul personality to cope with the difficulties of multiple sclerosis. It is a gift written into the life plan for many who may not be able to cope with the progressive illness.

Myalgic Encephalitis – Post Viral Fatigue – There is a wide aetiology physically - emotional, physical, infective, all of which result in a more imbalanced mental energy. The Light cannot flow into and through the crown to ease the flow of life's lessons. Poor sleep, fatigue and irritability stem from the mental energy resulting in total breakdown and fragmentation of the mental energy, which allows the release of control pattern. While the release is occurring, the soul may feel bereft as the long patterns of control are being washed away. She may accept this change or continue patterns of controlling others to satisfy the loss that is felt at a subconscious level. A dysfunctional base energy does not allow what energy is available to be anchored there to maintain physical wellbeing. The physical energy is depleted; the emotional and mental bands are thick and clouded while the spiritual energy is fragmented and weakened. Young sufferers may be confined to bed and so can rest and reflect at a subconscious level. This illness may be life changing for the child and adult in respect of achieving wholeness if they so wish.

Malignancy – Spiritual and emotional conflicts need to be rebalanced when a malignancy manifests. With benign tumours, the energy is not so dense or compounded and slow growing malignancies allow for rebalancing to be completed in future incarnations. Many karmic debts can be repaid through the journey of a malignancy. A rapid growing tumour, cleanses more deeply. The raised intracranial pressures that result from brain tumours allow the clearing of emotions which have affected the mental energy.

Neuroma – when a neuroma manifests physically it indicates that there has been much anger and holding to shock and trauma, and the anger has been enjoyed in previous incarnations. The patterns of anger have been allowed to grow in the physical dimension and have taken over the thoughts. There has been much mental conflict. The disfigurement associated with some of these tumours may demonstrate the conflict within the ego. The ego has chosen to act, and then does not act. And these oscillations all have emotional consequences. If the soul

can walk forward in a balanced way enjoying things of beauty or creativity this will greatly help with the soul healing. The placement of the tumours indicates in what sphere the conflict of action and inactivity lay and specific counselling may help to address this.

Nerve Entrapments – When a nerve becomes trapped it illustrates the imbalance of the head and heart axis of energy flow, and there may be an associated wish not to release the flow. When entrapment occurs in the arms there has been a reluctance to embrace the life to be lived, in the legs a reluctance to walk forward in the life. When the back is affected as with sciatic nerve impingement, this shows a pattern of rigidity, inflexibility and high expectations of others held in the energy field. Almost all incarnate souls experience sciatic pain even if only fleetingly. Many will not wish the responsibility of life, and have wished for others to do for them, so they do not walk their 'chosen in Light', path. The energy flow is affected. It may be difficult for some to sit, so they must move and thereby release the energy of not walking the journey mapped in the life plan. If the episode is long lasting or recurrent, there is a resistance to release this energy, which may result in a thickening of the past life memory that has been carried into the life. An acute episode shows a major energetic release and cleansing to the energy field. Cervical entrapment demonstrates a resistance to the spiritual pathway that has been chosen before birth. Inflexibility and acceptance are issues that need to be addressed. If occurring at major life events, then a great energy field release has an opportunity to occur. The pain that is experienced allows release of deep held trauma which is associated with repressed anger, self-loathing and the refusal of pleasure – a Pandora's box of feelings, irritability and vulnerability. The soul walks her journey with resentment as her soul group through lives of passing, has not lived up to the expectation she had of them. The life plan has not been fulfilled and the soul holds anger for not living up to her own expectation.

Neuralgia – Neuralgia demonstrates great spiritual anger burning away. If trigeminal then the soul is showing the face to the public, the great spiritual energy that is held within and has been hidden. There may have been punishments, or the soul has been ignored for showing their spirituality in the past. With post herpetic neuralgia, further release of the emotional patterning associated with spiritual denial can occur. On the trunk of the body the associated vertebrae indicate the emotional energy being cleared.

Neuropathy – The flow of energy has been disrupted and is now imbalanced, so the soul cannot walk or embrace life positively. There have been times of not

being able to receive or to give joy.

Parkinson's disease – The clearing of a heavy karmic load by experiencing dependency and submission in the current life. Much karmic balancing may occur between the carers and the soul experiencing the disease. The energy field is shaking with rage and anger and exhibits this as the tremor. Past bitter experiences held in the energy field and the fear of repeating these experiences prevent the physical and current steps to be taken. The tremor of initiation reflects this fear and doubt. There may also be an energy of anonymity held in the field, so the incarnate soul may not wish to be recognised or stand out and they write themselves into obscurity. These further compound the energy of dependence, by giving their identity away and allowing others to be responsible fully for them, which then exacerbates control patterns held in the energy field.

Spina Bifida – The mental energy is so overloaded it results in emotional denial. An emotional overload experienced in previous incarnations may result in spina bifida. The position of the hydrocoele is indicative of the emotional pain brought in from previous incarnations and gives an indication to the source of the emotional denial. The energy is leaking out and is compounding the energetic patterning not available for use in the current life. With spina bifida occulta, the energy leak is less. There is an opportunity to heal, or it may progress to full spina bifida in subsequent incarnations if the patterns are not addressed in the present incarnation. Alternatively, the occulta may represent healing from spina bifida and a progress to a more normal anatomy in subsequent lives.

Spinal Cord injury – A permanent severance of the spinal cord stops the light from flowing. The part of the body affected reflects the spiritual/emotional conflict and paralysis that has been caused through past life pain. There may be a life plan contract to teach and to settle karmic debts. If the injury is temporary and the nerves are not severed, but damaged, and full physical health is restored, then this health is fully reflected within the energy bodies that surround the physical body.

Tourette's – Pockets of imbalanced energy are cleared from a throat that has been damaged energetically through constant misuse in the past. The universal energy is pushing through and so communication occurs. As the Light flows, the negativity is expressed and released vocally or through body jerks and ticks.

Tremor – A benign tremor demonstrates disharmony within the energy field. The flow of the life force is not balanced or equal. The stop - start patterning of flow is reflective of current and past life activities in all aspects of life.

Conclusion

To restore the incarnated soul to wholeness, the alignment and balance of the emotional and mental bands of energy need to be restored and the heart and crown chakra to be open, accepting the universal energy freely. The exploration and release of fear and desires for control are required in order to relinquish the fear led ego. Recreational past times for enjoyment and not for competition may be a way to begin this journey. The omega energy is then allowed into the life. A time to be, to meditate, reflect and relax and so connect to the crown through the heart centres. The crystal energies that may enhance these processes include amethyst, citrine, malachite, emerald and the rose Heart of Light. Vibrational healing with crystal and flower remedies would assist. If the incarnate soul is ready to receive past life memories, then soul recall and crystal healing configurations on the body would promote greater energy field clearance and a lightening to the field and to the life.

PSYCHIATRIC DISORDERS

The energy field displays a distortion of flow between the emotional and mental energy bands which in many instances also impact on the spiritual band of energy. There is no harmony in the flow which occurs between the two. Many chakras are damaged especially the crown and third eye. With so much disruption and disharmony in the energy field, any available energy to the physical body is also compromised. The aetiology of this is simply not wishing to take responsibility for the life because of the difficulties therein. Control, inflexibility and spiritual conflicts all add to whirling thoughts which the mental energy ignites into feelings, and feelings are translated in negative ways to thought patterns and so the whirling of thoughts and energy continues, further depleting the physical energy.

Addiction – There have been patterns of running away from responsibility and burying the head in the sand; not wishing to see or know situations that are not easy or palatable. Consequently, there may be feelings of self-loathing. There is much conflict in the energy field, not wishing to know or acknowledge spiritual energy and not wishing to be in the material world either. The same applies to all addictive behaviours, for example, laxative misuse.

Anorexia – This is predominately a third eye difficulty, where there is a poor perception of reality. This condition arises in the current life when there has been much fear of the future and responsibility that it brings. Often it is associated with

past life memory imprints of injury as an adult. If they remain a child, then the subconscious thinking is the recurrence of such incidences cannot be repeated. Another issue to explore is that sufferers of anorexia see something they are not; their extrasensory perception is distorted. The emotions come into play when a recognition occurs, that exhibiting this condition allows great control over others and gains much attention.

Anxiety – May well be related to a past life trigger of a place, event or a person. The memory is held in the energy field and the cellular body is activated. The trigger is often forgotten as the symptoms become all consuming. Anxiety also affords much attention from others and so becomes a self-perpetuating cycle. There must be a true wish to release the anxiety from the energy field for wholeness to occur.

Bereavement (morbid grief) – The bereaved person is choosing not to engage in life and is not prepared to change with the change in their circumstances. There has been a repeated and a great dependency on a person or situation in the past. One of the lessons to be achieved in the current incarnation is that of independence, as well as learning to deal with loss. Energy of past life loss and grief surfaces and the energy becomes clouded with this memory, and a future cannot be seen.

Bipolar disorder – A total imbalance of the right and left, brain functions. This results in an oscillation between closing energy and opening it up. There is an inability to integrate energy in a steady flow within the life. Great conflict and negative emotions reside in the energy field which are directed to spiritual matters and energy.

Body Dysmorphic Syndrome – The third eye sees the past life memory in the cells of the body, and when the memory surfaces it is not understood. The aspect of the physical body that is not liked links to an energy in the past life that has been the cause of or, has created the painful memory that is held.

Bulimia – Emotional needs have not been satisfied in the past and so the solar plexus, sacral and base chakras are distorted and damaged. There have been times in the soul's journey where they have been too absorbed in satisfying the soul needs and other times in overcompensating and have given too much. Exploring issues of self-empowerment and loss are the key to holistic health.

Crying – Uncontrollable crying allows the release of blocked emotions. Many souls do not know why they cry after the original trigger has released the valves holding

the emotions in. They are transmuting deep compounded patterns of energy. With silent crying, the tears and emotions struggle to flow, the energy field attempting to begin this process of healing.

Depression – There have been lives where the emotions have been turned inwards and the shutting down of all energy flow in life. There have been difficulties in taking responsibility for the actions of everyday life. They cannot look to everyday life. If the condition is genetic and there is a reduction of neurotransmitter levels circulating in the body, there will usually be an association with family issues steeped in past life memory. Regular and sustained healing will encourage energy flow to help balance this biochemistry and resolve the conflicts within, which does not allow the Light to be integrated within the life.

Insomnia – There is conflict within the soul in that it does not wish for the tuition and guidance that occurs during the sleep time. The personality is led by the ego. There is an inner knowledge telling the incarnate soul that it will receive instruction that it may not wish to hear, so it does not place itself in a situation to receive instruction.

Low Self Esteem – Current life experience is compounding deep past life memories - patterns of failure and worthlessness. This cycle self-perpetuates unless the energy within the cycle is broken, released and then a new pattern of more balanced energy is rebuilt.

Panic Attacks – In the past the soul has wished not to participate in the life, or in the situation being experienced. This results in a cutting off from the experience and a wish for exclusion and this energy is brought into the current incarnation. The mind convinces itself that it needs to be excluded to avoid pain and the body responds. The heart and the mind are not flowing together in harmony.

Personality Disorder – The current life triggers the breakdown of fragile energy bands within the auric field. Past life personalities surface and there is no separation of past life and current life. The memories coexist. The stress experienced allows the dissociation of memory to occur and often more personalities surfacing form the soul's history. Chronic dissociation occurs when the current life trauma or difficulty is so great that it cannot be confronted in any way.

Seasonally Affective Disorder – The pattern of control is resident in the energy field and is displayed by the switching on and off, of moods. It is possible to live in

darkness if energy flows freely to the body. Many confuse physical light with the universal life force and connections to spirituality.

Suicide Attempts – Current life situation is deemed so difficult that it cannot be faced and the responsibility that is required in facing the current life does not appear to be held in the energy field. The soul feels uncared for, and often carries much low self - esteem. In the past they have not felt able to call on anyone to help and there was insufficient Light in the energy field to be able to see a future. An outward appearance of living life may be exhibited but they feel unable to be loved and may feel unworthy of life – love. The wish to be acknowledged is so deep that they feel this will occur after death, as it cannot be in the current life.

Tiredness – constant and chronic tiredness is a result of choosing to close down and not to face the life plan that has been constructed. There is decreased flow in all energy channels. The mind tells the body it cannot do, and the body listens.

Transition – To leave the physical life with as much lightness in body and soul is a challenge to those in transition, their loved ones and the professionals assisting in this process. To facilitate the cleansing of the energy field, without further damage to it is challenging. The soul will be strengthening her spiritual connection at this time and this will make the passing easier. Opportunities are presented through the life plan so that interventions and actions by all who are helping the soul at this time may act appropriately with respect, humility, patience and compassion for the soul. The pain and deterioration of the body is a means of transmuting patterns held within the energy field, and a preparation for returning to higher octaves of vibrations. Pain may be a life plan choice to release stubborn patterns which are not fully healed, and so therapeutics will only have a minimal effect on the experience. Wisdom, understanding and spiritual midwifery will lessen physical discomforts much more. Once physical death has occurred, and the soul has been released from her physical body, she experiences no more pain as she journeys on. With greater cleansing and release at this time of transition, there are fewer patterns of energy to be picked up and transmuted in subsequent incarnations of the soul.

Conclusion

Much work is required to restore holistic health and wellbeing. The journey is longer as the issues need to be addressed and balanced. The emotional body constantly colours the progress of sustained repair and realignment of the chakras and energy field. Much healing also needs to occur to the physical energy and body before soul recall may access relevant past life memories or the

administration of crystal healing to a fragile body and energy field. The journey to wholeness would be advanced using vibrational healing modalities such as flower and gem remedies. Alignment would be extremely beneficial and then this practice may advance to meditation. A slow and subtle change in perspectives can occur by taking an active part – however small - in the healing journey, transmuting the passive energies of the victim consciousness.

URINARY SYSTEM

Energy field pathology that manifests in urinary tract disorders occurs in the lower three chakras, the base, sacral and solar plexus centres. The flow to the heart centres and beyond is compromised because of the disruption in function of the lower three chakras. There is an ability within the energy field that allows the soul to identify emotions and often confuses passionate emotionally led feelings for unconditional love and compassion. The processing of feelings and experiences is inhibited and so the emotions are stored and not released.

Calculi – These demonstrate that the many lifetimes that emotions had not been felt, have resulted in the calcification of emotions, and the patterns that have caused calculi to develop are very deep. Emotions are accompanied with feelings and may be painful thus have been denied. If emotional pain refuses to be felt emotionally, then eventually it will manifest physically and so cause physical pain. The passing of a calculus allows the flow to restart. Calculi accompanied with infections require the exploration of feelings associated with all manner of partnerships and partners.

Congenital Abnormalities – A duplicate kidney or urethra show the body and the lower self attempting to speed up the cleansing process. This abnormality is usually asymptomatic as this cleansing has been agreed at a spiritual level with a sufficient level of understanding. The processing and cleansing of emotions are possible. If there is a vestigial remnant remaining, this is a cleansing from a past life which was not sufficiently carried out. A horseshoe kidney displays past life difficulties in not being able to discern between physical and non physical realms, resulting in confusion as to where the soul thinks the emotional pain arises from. The soul thinks the pain has only one source physical or emotional but in fact pain is multidimensional in origin and the horseshoe kidney is to remind the soul at a physical but subconscious level of this. Polycystic kidneys demonstrate that through lifetimes anger has been collected in pools, and this anger is so tense that it cannot be let go to flow. All emotional flow has been disrupted and is collected.

If the anger does begin to flow, then all associated emotions also begin to flow. The anger bursts forth and then all the hidden problems follow. If there is only a unilateral kidney, the lesson it is trying to teach depends on which one is absent. If the right kidney is missing, this indicates that the soul does not wish to look at physical plane situations of emotional disquiet or does not wish to acknowledge that the soul has caused the pain in the past. With a missing left kidney there has been a denial of emotional difficulties with the physical world and its relationships. An exploration of the life being lived will indicate the aspect of energy that needs addressing and balancing.

Dysuria – The anger and the deep emotions are beginning to flow, and they are being transmuted through pain. It is a cleansing process.

Frequency – Frequent micturition allows the release of emotional pain in small manageable amounts.

Haematuria – Haematuria secondary to inflammation demonstrates much anger that is being released in the current life, brought in from anger of previous life situations where there have been feelings of inferiority in partnership relations. Secondary to infection, this suggests that the difficulties within relationships are being compounded in the current life. If tumours present with haematuria, then the patient must observe and look at their emotional life.

Infections – Inability to deal with or express emotions results in the physical manifestations of infections and they are often concerned with close partnerships. Childhood recurrent infections have been written into the life plan to allow emotional cleansing before adulthood is reached. The karma then met in adulthood is much lighter in load. Children developing ascending disorders of the excretory tract need help in expressing their emotions. The emotions are flowing but not being released.

Malignancy – Tumours of the bladder demonstrate that in past incarnations there has been much storing of painful emotions and feelings. There was inability to let go and express these emotions. The kidney cancer shows that because of past pain there has been no understanding of emotions and their origins. Consequently, through many lives of inhibited understanding, the energy has compounded, and a wall has been placed around any emotions, so they are not felt at all. To gain health and wellness the emotions must begin to flow. With urethral malignancies there is a cleansing of held emotional pain.

Nephrotic Syndrome – There has been much emotional pain in the past which may or may not be compounded in the current life. These sufferers are demonstrating a poor emotional flow or stagnant emotional energy secondary to the diseased emotional energy surrounding the patient.

Nocturia – A greater release of emotions occurs with less discomfort and resistance to guidance given during sleep. The mind rests and cannot interfere with the release of a more relaxed body that is not controlled by the mind.

Pyelonephritis – Acute pyelonephritis is a result of obstruction to emotional flow through the fear of releasing the emotions. A conscious or subconscious acknowledgement allows the release to begin and the condition improve. In chronic pyelonephritis the source of the obstruction to emotional flow has not been identified. This energy field obstruction is affecting the physical kidney so is not allowing the emotions to be filtered, flowing and released as needed for health.

Renal failure – There has in the past, been no desire to deal with the emotional aspect of life. The emotions may have been placed and put upon others because they were too painful to experience. The soul had given up and was unable to cope with the emotional flow of life. If flow does not occur, the soul becomes embittered and again compounds the emotional processing to manifest again. If emotional flow can begin, it affords greater cleansing, greater ease during the treatment of the failure of physical excretion and a less difficult life to be incarnated into in the future. Renal failure if acute, may be cyclical in presentation from a previous incarnation. Difficulties in the present life may thwart emotional flow as they may not wish to be addressed and seen. If at a conscious or soul level the issues that precipitated acute renal failure are addressed, recovery occurs and there is no requirement for chronic disease. With chronic renal failure there is a great opportunity to address emotional health and to reverse in part or ease the physical illness. If there is no wish to address emotions, then there will be a progression to total renal failure.

Conclusion

To begin to heal the excretory system there must be the acknowledgement and identifications of feelings and emotions. The wearing or carrying of crystals such as an amethyst, citrine, rose quartz, lapis lazuli or turquoise would begin to cleanse and allow the identification and flow of emotions. Crystal healing configurations to the body would be to heal the three lower chakras as indicated through the exploration of emotions and spiritual counselling. Soul memory access would

greatly advance this journey and the practise of alignment, meditation and mindfulness exercises would help to maintain the positive energy which is placed to the energy field during the healing process. Most important is to maintain adequate fluid intake. As emotional release begins, it flows through the physical body as increased urinary flow. Physical dehydration of the body would not assist this cleansing process at all.

MUSCULOSKELETAL SYSTEM

The deepest and most compounded patterns of hurts and emotional distress which are held in the energy field result in the manifestation of muscular and skeletal disorders. Conversely, these systems of the body also hold the greatest strengths that have been achieved and mastered in the soul's journey through lives and experiences. Experiencing the same or similar hurts and not being able to transmute these energy encounters results in the energy of these experiences being deposited in the energy field as stubborn and not very mobile dense clouds. This further compounds the soul incarnate, as it cannot see anything or any other option than to default to the pattern of energy with which it is familiar. This results in feelings of being a victim of circumstances yet again, which further augments the held hurt and emotional pain. The solar plexus is the main energetic centre for the distorted energy flow, but all chakras and energy field bodies are affected by the deep held emotions that manifest in muscular skeletal disorders.

Ankylosing Spondylitis – Held anger reduces flexibility so the energy within the spine cannot rise. If the emotional pain is not recognised and addressed, then the dense energy will continue to progress up the physical spine. Patterns of control are required to be addressed. Beginning to acknowledge this with the wish to be flexible in the approach to life and not be restricted by circumstances, will begin to release the energy causing this manifestation.

Coccydynia – This is the result of very deep, very long standing and held anger and pain, carried through many, many lives.

Capsulitis – for example, frozen shoulder. The restriction of movement in all aspects of life reflects in capsulitis. There may have been times of not being able to or not wishing to assist others, and the guilt at not shouldering these responsibilities in past lives manifests in the current incarnation. They will have in the past, also burdened others with their own difficulties not wishing to deal with

them themselves. Restriction of movement in any arena of life will eventually manifest physically if it is not recognised and changed.

Dupuytren's Contracture – This progressive deformity of the hands is often alcohol related and as such is a reflection that the soul is unable to break the bonds of self-importance, selfishness, and self-absorption; required in order to embrace greater learnings and relationships when the soul is to consider others needs and requirements before their own - to become selfless and humble when considering others. The contracture often begins with the palmar flexion of the little finger, progressing to ring then to the middle and index. There is thickening present in the palmar aspects of the hands. The hand appears to clench and form a fist. The soul is exhibiting her pain of many lifetimes and experiences where she has closed away from the Light and is drawing inwards. The little finger representing spirituality and the many possible offspring's that spirituality may manifest as. The ring finger indicating relationships generally, the middle the life plan and the index the ego. So, it is the life that is closing in on itself and not participating with the life around the incarnate soul. With much understanding and acceptance energetically and physical massage and surgery, the contracture may begin to release in the current life; it may even be cured and healed although this would require much sensitive work with the soul therapist and the soul.

Erythema Nodosum – These souls have walked their path in lives infused with anger and are now at important points in their current life plan. The resistance to the life plan may precipitate the erythema nodosum. If they choose to walk the planned journey with no anger and with acceptance, then the energy will transmute, and the nodules will recede accordingly.

Fractures – Fractures of the vertebrae allow the release of the greatest negativity and allow the hidden strengths to surface. The fracture of a vertebra allows the spine to realign. The dowagers hump releases blocks to the throat and the heart, but the incarnate soul loses the ability to look up and loses height. This is written into the life plan to remind the soul to look up and inspire a yearning for the Light. The soul stoops and has agreed to bow to greater energy, the universal flow of life. Joint fractures of the long bones allow release of rigidity and control. The release of such patterns allows the restrictions that inhibit spiritual growth to recede, and so encourage forward stepping.

Gout – This condition allows the soul to clear the deepest of resistances. All the emotions of this and past lives of the soul have become crystallised negativity.

Infections – for example, osteomyelitis: These souls have in the past been open to and victims of energetic attack in all aspects of their lives. Deep seated memories of not being protected results in feeling a victim and then allowing the energetic attacks to arrive once more. Releasing this victim consciousness, accepting and understanding it, allows the healing and curing of the infections to considerably shorten.

Kyphosis – The soul has not been able to receive the Light in previous lives, and now wishes to bow to the Light. As the years advance and some suffer fractures of the vertebrae causing a kyphosis, there is a bowing to light at the physical life is closing. The soul shows its humility to the Light.

Mechanical Back Pain – The karmic patterns held within the spine are transmuted more easily and do not require the breakage of the bones to release the energy. This is because the held pains are not so deep as to cause a fracture. It is important to look to the site of the back pain, the chakra it will be most associated with and then the cause of the emotional pain will be more readily understood and accessed.

Osteopenia –Through many incarnations and experiences of lives the soul has felt that the life is weak and is not supported in many aspects of life. The ability to maintain strength had slowly lessened with progressive incarnations. The precipitation of osteopenia may also be a reversal of the energy patterns that are being transmuted from a soul that has encountered osteoporosis in a relatively recent incarnation, as energy flows in many directions and not necessarily linearly.

Osteoporosis – In past lives there have been feelings of not being supported and helped in the journey of life. It may also be felt in the current incarnation. There are held patterns within the energy field that foster resentments to caring for others, and when the soul requires care, no-one can do so. There is a clearing of past life patterns of loneliness. In the past the life was crumbling and soothe support of the life exhibits this energy. If the emotional energy is understood, past life karma accepted and released, there is no need in the current incarnation to experience fractures of the bones. Osteoporosis following menopause is a product of the soul's reluctance over many lives to restructure the life. If the life changes are not accepted, then the structure of the life collapses. The soul has not accepted the opportunity to change. The soul has not been able to balance the heart and mind after this significant life change that would keep the bones and support strong for this period of the soul's incarnation.

Osteoarthritis – The soul experiencing this disease has much held emotions within their energetic makeup, but no fluidity associated with them. The emotions and the bones become rigid and stiff, and the stubbornness held in the energy field overrides any wish to bend and move. The stuck emotions have nowhere to flow, and apathy with depression may accompany this disease. Flare ups of the condition allow the held anger to begin to flow and are an opportunity for release and change. Spiritual churning accompanies this condition, with the soul angry at the life plan choices made in Light but finding it difficult to transmute in the physical body. The soul denies the flow of Universal Energy so making any energy available to alleviate the disease is difficult to receive.

Paget's Disease – The skull is the common precipitation and manifestation of this disease and energy. There is much protection of the mental energy held in the memories brought forward from past incarnations. The souls have received the Light, been intuitive, received an action plan but their ideas are thwarted through fear. Fear prevents the Light being manifest in the material world, and so a build up of protection follows yet again. There is a need to act to begin to dissolve the energy of protection and fear. The hurried bone turnover indicated the intuition being active, and then the panic and fear take over the mind, which has and may be in the current life, oscillated very quickly. The memory ignites the bitterness and rejection that may have been experienced in the past when the soul acted on her intuition. This results in conflict which may further perpetuate the pattern of energy.

Rheumatoid arthritis – There is much anger present in the energy field and these souls have not known peace for a long time. They have learned to hold onto bitterness and have become imprisoned by their bodies. The joints that are affected indicate the origin of the held anger. Children release their anger in a different way, often suffering pain but smiling through it. If affected as a child with this condition, it generally burns itself out and the body may be left with deformities but the child growing into the adult is happy. The energy to overcome this condition is joy. The solar plexus can be healed, and the Light can flow through the healing. Joy enters all aspects of the body and the pain recedes.

Sacroiliitis - The unbalanced karma of all past relationships results in the precipitation of this disease. There have been many lives when the divine connection has been lost and often associated with experiences of betrayal in the incarnations.

Scoliosis – This shows confusion and conflict relating to the spiritual and physical dimensions of the soul. Should the heart or the mind lead the life. A scoliosis to the right shows that the soul has had great connections with the Light in the past, however, has not applied this connection to the physical dimension. The light held within the spine has not been grounded to allow the soul to fulfill her life tasks. A scoliosis to the left indicates that in past times the soul was too anchored with the physical aspects of living, that they were not infused with Light energy.

Spinal stenosis – The blockages of flow to life and to experiencing the life plan have been brought into the incarnation. The site of the stenosis in the spine will indicate the emotional energy which precipitated the block to flow of universal energy through the spine, in many past lives.

Systemic Lupus Erythematosus (SLE) - Souls experiencing SLE, feel the life plan and current life experience is too difficult to manage and wish to leave the physical plane. There is little desire to transmute held anger in the current life. The discoid lesions with a butterfly rash are indicative of a desire to change and transmute held patterns of anger and the irritation associated with the fear of change. These souls should know that transmutation is occurring and already may have occurred.

Systemic Sclerosis – Patterns of stubbornness have been carried over from previous incarnations, and the incarnated soul is experiencing this pattern physically. There is an inability felt that they cannot begin to change. It is associated with relationships of a close and personal nature in past lives and the partners of these relationships are probably incarnate in the current life. As a male there had been dominance and as a female there had been much controlling in the past lives.

Tendonitis - A resistance to moving is manifested physically with tendonitis. Past life memories of fear are held within the energy makeup of the incarnated soul. The muscles are ready to propel forward, the skeleton is ready to support the action, but the held conflict and fear of consequences resist the action from flowing smoothly or at all. There is great fear of the future and the life plan work. Tendonitis often precipitates at points of choice in the life plan.

Trauma – The pocket of negative energy field is being released when a soul experiences physical trauma. It is a nudge that shows the issues that are surfacing to be addressed so that full understanding is gained, and the energy not compounded or precipitated later. There is a great opportunity to redress the anger within. Bruising shows a vulnerability that has been or may need releasing.

Trauma may be associated with patterns of self-harming and withdrawal from life in past incarnations.

Conclusion

To heal and balance the energy that causes the manifestation of muscular or skeletal disorders of the physical body, much care must be taken to address emotional issues such as deep held or repressed anger, as touching these energies will no doubt bring them to the surface and probably with unpleasant feelings for the incarnated soul. A slow progress may in fact, be the quicker route to full health and wellness. Crystal such as abalone, rose quartz, citrine and rutilated quartz may be held or carried. Body therapies such as massage or reflexology will afford physical relief and vibrational healing systems will allow the memories to surface gently and be transmuted with or without conscious understanding. Soul recall must be used with discernment, as memories may surface which are not pleasant. Time for counselling and integration is needed if this occurs. Body movements such as yoga and Tai Chi will restore energetic flow and increase flow and movements within the energy as well as body. Aligning and balancing the body and energy flow within is enhanced by the simple exercises and spiritual disciplines of the Emerald Alignment and meditation.

REPRODUCTIVE SYSTEM

The energy centres that are distorted in flow and result in the manifestation of disorders of the reproductive systems involve the base and sacral chakras predominately. The crown chakra energy may not be flowing as there has been denial of spirituality and life plan in previous incarnations. Emotional issues which are not balanced revolve around the soul's relationships to procreation, gender identity, misuse of sexual energy and an imbalance of alpha and omega energies in many aspects of life in the past.

Abortion – Spontaneous and recurrent may indicate a preparation of the physical body to carry a pregnancy to term. The timing may be incorrect for an incoming soul to be conceived or delivered in accordance with the life plan and the incoming soul is very eager to be incarnate and so begin its physical life. If the energy surrounding this incoming soul connection is distorted by the eager soul pushing it way from the ether into a physical body, the physical preparations may not be ready, and the pregnancy fails. The mother is the carriage for the soul, and if either the soul or the mother is not ready, the connection is missed, and

miscarriage follows. Chromosomal abnormalities that result in abortion may indicate that this is a purification from genetic disease and an opportunity that allows the soul to return to Light.

Breasts – Breasts are associated with nursing and large breasted women have histories of over protecting and nurturing those souls that connect to their life plan. Small breasted women have had experiences of difficulty in nurturing others or themselves receiving nurture. If fibroadenosis develops in breasts, this displays a precipitation of emotion that is not so deep as to cause a cancer to develop. It is a sign that all is not well in the emotional balance of protection and nurture energies. Malignancies allow the cleansing of emotion patterns of nurturing and omega energies not addressed in previous incarnations.

Gynaecomastia in men gives the experience of living with a female organ and affords a greater balance to female energy that the male has brought into the current life to balance. These souls have had much alpha energy in past or current life and were possibly repeatedly disrespectful to female energy. They agreed to balance this negative aspect within the soul's makeup by accepting that they may be ridiculed for the deformity and so undergo an empathetic clearing. Adolescent gynaecomastia, which is hormonal and clears spontaneously, is the opportunity written in the life plan to balance negative energy before it becomes a perpetuating difficulty. With sufficient energy having been cleared the energy field is clearer and the soul may see to not disrespect female energy in adult life.

Galactorrhoea – Brings a memory which is deep and compounded, displaying a wish to nurture and protect. Lactating difficulties shows a wish not to provide the infant with the nurturing omega energy of the mother. The relationship between these two souls in the past has not been balanced with respect to the male and female principles.

Discharge – Urethral or vaginal indicates a cleansing of patterns of sexual identity. It is a superficial pattern of conflicting emotions that are relatively easy to release and transmute. A very offensive discharge indicated a deeper emotional cleansing.

Dysfunctional bleeding – In younger women this allows preparation for adult life and receiving relationships. In older women, dysfunctional bleeding is associated with conflict within relationships. In all ages, there is also an element of the conflict held at a subconscious level of the life plan and the balancing of male and female energies.

Dysmenorrhea – The hurt and anger at relationships in past time affecting both male and female aspects are carried in the uterus. Releasing this allows and opens the flow to more balanced relations.

Endometriosis – The retrograde flow indicates that many times in past lives where there has been a denial of and resistance to maturity, and with maturity the carrying of responsibility. The soul is bleeding within with the pain and memories of past experiences.

Fibroids – A growing anger accompanied by other emotions such as guilt and hurt are being grown in the uterus. The anger is carried on from previous relationships and often reflects rejection experienced in those relationships in past times.

Hydatidiform Mole – Indicates that in the past, there has not been a desire to embrace the female principles, and this has facilitated the growth of hurt and rejections in past lives. A very deep emotional pain concerned with motherhood is carried within the memories of the soul.

Hysterectomy – Again, conflict and deep rejection of omega energy is carried into the current incarnation to be healed. There may be many times in the past where there have been deep subconscious feelings of rejecting motherhood and pregnancy. Other souls in the soul group may have wished to procreate, and the soul may have done so with great inner conflict. Hysterectomy allows the feelings to remain covert or to be addressed.

Infections – Receiving many infections indicates a vulnerability carried in the energy field. The site and source of the infection indicates where the focus of vulnerability lies. Infections with candida show great irritation that is held within the base chakra. It is a pattern of energy brought in from previous lives and civilisations that has its route in spiritual conflict. Contracting an infection from an infected sexual partner is the playing out of karma between the partners.

Human immunodeficiency viral infection (HIV) affords an opportunity to cleanse more superficial patterns and not to receive acquired Immunodeficiency. This gives an opportunity to reflect and change. With HIV, whether the transmission is heterosexual or homosexual, there has been in the past a denial and imbalance of the alpha and omega principles in life. Blood borne transmission of HIV brings into play the balance of karma between donor and recipient. As therapeutics advances and this infection will be cured, the emotional conflicts will precipitate in other ways until addressed and acknowledged.

Infertility – Anovulation or Oligospermia – A history of abuse of sexual power from the past, lies within the energy field and the lack of gametes is a subconscious reminder of these times. There is also an opportunity to end a bloodline and not to perpetuate further damage to the physical and spiritual genetic lines. There has not been sufficient acknowledgement in past incarnations to clear and understand the emotional aspects of procreation which the soul's energy is carrying, or there may have been a conscious life choice in the plan not to be able to parent and to learn the emotional lessons that that difficulty carries in the current incarnation.

Malignancy – Ovarian and testicular cancers demonstrate past incarnations where the principle of creation was not desired. The responsibility for caring for a baby was not desired. There is great resentment of this held in the energy field. Uterine or prostatic cancers indicate that the male (prostate) or female (uterine) identity is diminished. The soul has felt disempowered in its experiences of gender and sexual identity. Gender identity is an energy that resides in and is associated with the base chakra. Uterine cancers cleanse past relationship hurts where the mother has not been supported in that role, where there may have been emotional difficulties associated with the inability to bear children in past lives.

Vulvovaginal or penile cancers afford a cleansing related to sexuality and identity. Promiscuity allows the female to receive infections for example, the Human Papilloma Virus. There is a wish to demonstrate the female principle which are present in the energy field, but the soul does not know or understand how to do this, only at the physical superficial level.

Menarché – Precocious puberty demonstrates a rush to adulthood. Past life memories that have been brought into the current incarnation may be heavy with abuse and powerlessness experienced in previous lives as a child. There is a need to advance to a time where the soul has more control over its life than when a child, even if the lessons of childhood have not been learned. Delayed onset puberty suggests a wish not to leave the security of childhood, associated with denial of responsibilities in adult life.

Menopause – In early onset menopause, the incarnate soul wishes the opportunity to change and to restructure the life that is written in the life plan. The experience of severe menopausal symptoms shows past life memories of not embracing the opportunity to change when these presented themselves. To accept the many changes that occur within the life after menopause is a fear and

often conflict occurs as the security of the known is opposing the change of the unknown. If the life change is accepted and the metaphysical structure are balanced, the menopausal symptoms will vanish. There is a need to balance the energies of the heart and the mind.

The need for hormone replacement therapy may indicate a resistance to the change of life following menopause, and a chemical is used to mask the symptoms. By metaphysical law the energies will manifest elsewhere. If the changes and the soul's feelings towards this time of physical life are addressed, understood and balanced they will recede, and the energy bodies will become lighter and flow with more ease.

Ovarian or Testicular Cysts – These show an emotional cleansing that is ongoing. A dense energy being brought in with deep unresolved issues for the soul concerning promiscuity in past lives.

Pain – If there is no obvious cause for pelvic pain then this is a great opportunity to clear the advancing dense energy pattern before it manifests physically. Often the pain experienced is cyclical, not constant indicating that the energy is still sufficiently distant so as not to cause imminent disease. Understanding and cleansing and true primary prevention has occurred.

Pelvic Inflammatory Disease - Reflects slow and sluggish or blocked flow of energy to the uterus. Past disappointments in child – bearing or rearing, reduces the energy flow to the base and sacral chakras. The anger held in the energy field is also held in the body. There is a need to take personal responsibility for the current life, forgive perpetrators and release the fear of birthing from the past lives, so that the patterns are not repeated in subsequent incarnations.

Post Menopausal Bleeding (PMB)– This is indicative of residual energies which have not been resolved such as pain and hurt in partnerships and in procreating. After the menopause, a feeling of not being feminine, feeling old, or not even a woman any more may manifest with PMB. There is a rejection of the self at this time of life in the current incarnation, with imprints in past lives precipitating the symptoms. If there is acceptance of the change in life, then PMB is a great opportunity to cleanse and transmute these difficulties of the past. Medical interventions will halt physical symptoms, however, the cause and difficulties of this transition in the life must be addressed.

Pyometrium - There have been feelings of the female principle, femininity, being attacked in the past by partners. The emotional load is not so deep or heavy that

it requires to be released by precipitating malignancies, but the infection within the uterus allows a cleansing flow to begin.

Sub-Fertility – A wish not to procreate or not being ready to procreate in the current incarnation, precipitated by similar energies brought in from past lives. There has been inability to embrace the alpha and omega principles fully to create physical life.

Assisted conception allows for the incarnate souls to become parents and give life in the physical realm, but any problems that have impacted on the ability to conceive will not be healed with assisted conception. The learning and cleansing will be not as great as written into the life plan. If an incoming soul is not ready to be born and is still in the ether but is becoming increasingly heavy with physical energy, the soul still has an overview and understanding of the chosen life. Seen from a slightly denser perspective the incoming soul may be reluctant to become incarnate.

For conception to occur from a metaphysical perspective there is a need for alpha, omega and soul energy. If the alpha or omega energy desires to parent and the other does not, it will impact on fertility experienced even if no physical cause is found. The incoming soul will not resolve relationship issues that have not been addressed and may not be able to connect to the life plan that has been mapped for the current journey. If the incoming soul senses disquiet among its physical parents, it may fail to implant into the uterus.

Using frozen sperm or ova to assist conception may result in a soul being born this way and who may have additional emotional walls added to emotional difficulties with which the soul already has to deal. The life essence within the sperm or ova is reduced when it is frozen.

Scrotal Lumps – The presence of lumps indicates that the base chakra is disturbed because of negative memories brought into the life and are being displayed and shown so they may be healed.

Sexual dysfunction – In males, this indicates many lives when the alpha energy has been disempowered. There has been a lack of harmony and the heart chakra is closed with respect to the partner. There have been many times in the past where inability to share have been shown and now the negative energy is placed to the base chakra.

In women who experience dyspareunia, vaginismus or are anorgasmic, there is a strong hidden energy of not wishing to conceive and accept male energy through fear held in past or current life experiences. There is a hidden fear of the kundalini energy waking and the soul then must walk its path of life.

Conclusion

To bring balance to this system physically and energetically there is a need to explore emotional connections to alpha and omega energy patterns, roles and identities. Issues surrounding responsibility and parenting, self-determination, inner strength and personal identity need to be made more robust. If it is deemed safe for the incarnate soul to undergo soul recall to access memories that are often so painful, they cannot be explored or accessed without the help of the soul, this would greatly accelerate the healing processes. Self-realisation may be gained through the practise of meditation. The physical energy should be grounded through physical exercise, with healing configurations of crystals placed to the body to heal the base and sacral chakras, and the carrying or wearing of crystals such as ruby, rose quartz, carnelian and snow quartz.

GASTROINTESTINAL SYSTEM

The metaphysical pathology lies in the dysfunction of solar plexus energy. This chakra is the primary chakra concerned with emotional flow. Emotional disharmony and difficulties which are concerned with personal power and the incorrect use of that power related to control issues are responsible for poor solar plexus function, such as patterns of fear and disempowerment.

Appendicitis - The pattern of fear and rejection of life from past to current lives results in a blockage of the flow of life, manifesting with inflammation of the appendix. If the appendix grumbles, the base chakra energy is also grumbling and not wishing to conflict with wishing to address life's flow as it presents. Appendicitis is the manifestation of anger at life and what experiences it offers the soul. This results from past life experiences precipitating in a stressed soul in the current life. Appendices removed in children may not always be diseased. Here karma may be played out between the surgeon and patient. The child in agreeing to this at a life plan level, may clear all the base chakra energy from past lives. If the child matures to repeat the same mistakes, and no appendix is there, then the energy patterns will manifest in another organ or disease pattern. Many appendices are removed which are healthy, and there are karmic consequences for

such a surgery, which may balance a past life experience, or begin the precipitation of a new pattern of energy.

Adhesions – if the soul feels to be stuck in negative emotions, then the soul wounds are now found in the physical body as opportunities for releasing this stuck energy in the past has not been able to be accomplished by the incarnate soul.

Ascites - Secondary to gastrointestinal carcinomas occurs when the body is no longer able to contain the emotion, and they overflow. The emotional pain is leaking out and overcoming the patient. The negativity which has been held is now disseminating with the metastatic seedlings that are found in the ascitic fluid. The soul requires help in re-establishing emotional flow and the physical act of aspiration of the ascitic fluid help with this.

Constipation – Holding onto deep patterns of emotional energy results in constipation and the inability or reluctance to 'let go'. It is often a method of control patterning in children and babies.

Crohn's Disease and Ulcerative Colitis – Although these two conditions have different physical pathologies, the metaphysical causes are the same and are rooted in deep anger which is precipitated in the ulcers. The symptoms of blood loss, malabsorption, show that diseased chakras cannot receive and utilise the universal energy that they receive. Many of these souls may present as thin and wiry individuals as they choose not to receive physical or spiritual nourishment. They feel out of control with life, and this is reflected with the ulceration of the bowels that they experience. Many souls have a diminished alpha energy in their auric makeup but have much intuitive omega energy that they do not want. In the past, many of these souls have been involved with spiritual communities which have deviated in their activities from Light, such as belonging to a cult. The strong memory of abusing strong spiritual connections and controlling others need to be sensitively addressed as these incarnated souls have much strength to share.

Diarrhoea – This is the manifestation of energy that is associated with being out of control. The energy of fear is great, and the soul has felt she had nothing to hold onto in previous times.

Dyspepsia – Oesophageal reflux demonstrates the inability to express emotions that has been brought into the current incarnation to be balanced. The heart is burning and angry, and this heralds spiritual pain which is not yet dense enough to be precipitated fully in the physical body.

Fissures - Fissures offer an opening for release of emotional pain. If they are difficult to heal, then this indicates a subconscious resistance to healing the past life energy patterns because of the pain associated with these memories.

Food intolerances – Babies with lactose intolerance can exercise control over their mothers and begin their incarnation with the way the incarnate soul wishes to proceed. The intolerance of yeast shows past life patterning of the soul eating away at herself for actions or words or thoughts that have caused the soul distress. Consuming unleavened bread allows for the simplicity of life to be re-established. A past life memory surfacing of a time when life became too complicated and more gentle; simpler times were yearned. Gluten intolerance reflects past times when the incarnate soul did not wish to grow and evolve, and so would not take on the responsibility of adulthood. If food intolerances are acquired and are temporary, this offers an opportunity for the energy to be purged and cleansed. They may be triggered in response to a situation where the soul cannot control events in the life. They may be cyclical from past life to allow energetic clearance of control patterns.

Gall stones – The bitterness and anger that is held in the energy field is so great that the energy field cannot contain it anymore and the energy precipitates in the manifestation of stones, causing inflammation and pain. The soul cannot feel or clear emotionally and so require the physical illness to allow this process to occur. The bile reflects envy that the soul has carried in past incarnations.

Haematemesis - Guilt and resentment is held in the energy bodies of the soul. The desire to release all negative traits results in the expulsion of this energy via the blood. Decisions are being made concerning all aspects of life, spiritual aid is sought to help deal with aspects of the physical life and release from past life memories. The red colour of blood is a reminder of the physicality of the incarnated soul.

Hiatus hernia – There is a desire to travel from the emotions of the solar plexus to the love that resides within the heart. The emotions are so strong that they force an opening to the chest cavity in attempt to reach the heart.

Infection – if an infection is acquired abroad (dysenteries) there is a release of karma of past life patterns held within the auric field, associated with the country that has been visited. If acquired at home the transmission chain is karmic and if there is an epidemic there is a soul group clearance of negative energy happening. If the infection is long standing and does not clear, it heralds that much conflict and control patterns need to be addressed and resolved. There is a wish to

change, but the soul does not feel strong enough to do so or may be fearful of the change that will follow.

Inflammation – with inflammatory conditions affecting the stomach, duodenum, rectum etc, the anger held within the energy field is diffused and generalised. It is not deep and focused to a situation. Current life experience and the emotions carried in the auric field together precipitate the inflammation and symptoms experienced.

Irritable bowel syndrome - this occurs where family or relationships in general are a source of discomfort. The residing anger allows the release of held emotional energy through explosive symptoms or the energy is held onto if constipation occurs. The pain associated with this symptom complex reflects the relationships pain and hurts which are held and which the soul is desperately trying to release.

Jaundice – Many gastrointestinal disorders manifest with a display of gall. The held bitterness is placed on display so to be seen and cleansed. A greater cleansing occurs as the emotions are transmuted throughout the whole body. In terminal illnesses, the jaundice affords greater cleansing of the energy field before returning to the spiritual realms with a lighter energy field.

Liver disorders – allow the rebalancing of all aspects of life through the elimination of emotional waste. In cirrhosis, whether primary or secondary, the depositions of bitterness occurring energetically affect the physical function of the liver. There is no flow of emotion and the taught, rigid emotional shutdown is reflected in the physical liver.

Cancer of the liver cleanses the deep emotional disharmony that has been brought into the current life for cleansing. Primary tumours of the liver display greater auric cleansing and secondary deposits allow the cleansing and rebalancing of residual energies associated with the primary cancer located elsewhere.

Iatrogenic drug induced disease of the liver clears karma between the patient and the physician or the drug company. The intricacies and subtleties of how to clear and balance karma which are written into the life plan for the life journey allow the above to play out as needed.

Infective liver disease, if received early in life, allows an energetic clearance to occur so it can take the life plan in adult life with greater ease. Blood borne infection will result in illnesses settling karma between the donor and the recipient and allowing the energy between them to be harmonised.

Malabsorption – Past lives have been so scarring to the soul that in the present life she is unable to see or absorb the positivity of life. There is a choosing to remain in a negative hold as nothing else is visible through the density of pain within the auric field.

Melaena – Decisions are made at a subconscious level with respect to the life plan issues that are being met. Melaena itself maybe a life plan choice to leave the physical plane. There is a physical removal of negativity from the life and anger may be directed at the spiritual realms of existence. When there is enough cleared physically, the soul is ready to participate in active healing.

Malignancy – Upper gastrointestinal malignancies reflect past patterns of fear of using the life and Light energy that the incarnate soul has at her disposal to experience the life plan as written. There is fear of the life plan carried in the soul memory. Lower gastrointestinal malignancies allow the release of much resentment, anger, jealousy, and the abuse or misuse of energy in the past lives. Malignancies offer a great emotional cleansing to occur.

Pain – if no medical cause is found for pain experienced in the physical body, the solar plexus is clearing and balancing itself energetically before an illness does precipitate physically. If the source of the pain is accessed, understood and released then there is no requirement for the physical illness to manifest.

Pancreatic disorders – When pancreatic disorders occur, they are caused by many lifetimes that have not been joyful. Often in the past, the soul has not wished to live life. The experiences that they remember of the life are those of bitterness and bereavements. If the pancreatic vein thromboses, this suggests the soul is not ready to release the held bitterness and wishes to retain it. If the artery is blocked, then there is no flow of energy to the heart, which is the seat of joy. Pancreatic tumours allow the release of the bitterness and open space for the flow of joy to occur.

Portal hypertension – The soul has come into the life to clear the held emotions. This has not been possible, and so the overload of emotional energy manifests in hypertension. If oesophageal varices bleed this allows the soul to leave the difficult life and return to light. Haemorrhoids appearing in pregnancy reflect the energetic weight of what is being borne and the karmic relationships between mother and child. Post birth there may be no further suffering experienced, and the size and number of veins which appear, reflect the amount of karma present between the two souls and the worry experienced by the mother, either consciously or subconsciously. Haemorrhoids display the choice of the soul

whether to hold onto anger and irritation within, or to release it. Some haemorrhoids release their tension by bursting and bleeding, and this allows for the energy to continue to be released. If haemorrhoids are treated surgically and the anger is not dealt with, then the energy will manifest as a disease process elsewhere.

Polyposis – Emotional negativity is so tense that it ruptures into pockets along the alimentary canal. This affords an opportunity to release this energy before it deepens, and a cancer develops. They are insidious and silent in onset and the incarnate soul may not be aware of the cleansing that is occurring during the lifetime. Diverticular disease has a similar but less severe metaphysical aetiology and may be completely asymptomatic if these emotional relationship issues are actively, even if subconsciously addressed by the soul in the current life situations.

Ulcers – Duodenal ulcers reflect wounds to the solar plexus and its petals. The energy cannot flow, and emotional pain eats away at the incarnate soul. The soul feels bereft of any emotional succour or sustenance, and the fear of having no support causes constant whirling of energy that precipitates the illness physically further. Gastric ulcers are due to a much deeper held emotional pain which is compounded and much closer to the heart. There is no flow of energy to the heart and the pain eats away so much as to cause a cancer to develop. Gentle counselling and exploration are required to peel away the layers of emotional pain so that acknowledgement and release of this is sensitive and does not further ignite the fear of having no support available physically.

Wilson's Disease – The blue copper deposits are a spiritual reminder of the Light and strength of past incarnations which have been forgotten. The liver which is affected demonstrates the great emotional clearance that is happening in the current life with respect to spiritual denial in the past and disharmony between the body, mind and spirit of the soul.

Conclusion

Healing of gastrointestinal disorders requires the identification of the power base of the soul - identifying and naming the feelings that are experienced and searching for the source of fear and disempowerment that is held within the soul's energetic bodies. The simple concept of acting or reacting needs to be understood, and the need to control only the soul's own response to situations. Personal accountability for their feelings needs to be acknowledged. Accessing soul memory will be very helpful in healing these disorders if soul recall is indicated and the soul deemed strong enough to see the painful lives it has journeyed. The

wearing of crystals such as a rhodochrosite, amethyst or rose quartz will help to begin to balance the emotional energy that has caused many of these disorders to precipitate. Crystal healing configurations placed on the body may be appropriate to administer. The practise of the Emerald Alignment aides the soul to step back and not react to any situation that triggers emotional responses which are not balanced. Meditation allows strength of connection to spiritual energy, the life plan, sponsors for the life and angelic strengths to be forged, and help with the healing of these very painful and difficult energetic emotional pains.

SKIN DISORDERS

The pathology demonstrated in the energy field that manifests in disorders of the skin are the base and throat chakras, whose poorer functions are reflected in the rest of the energetic makeup of the incarnated soul. Past experiences that are concerned with issues of over or under protection that are present in the energy field for balancing in the current incarnation, are some of the patterns that have caused the precipitation of skin disorders. Others include tribal and war memories from past lives. The skin allows an opportunity to shed past and current life difficulties.

Acne – here is an opportunity to cleanse patterns before adulthood, when the karmic paths are set for life. The load is lighter. Adolescence is a testing time for the soul, and it is an age when the soul presents itself to the world. Commonly affected areas include the shoulders and the back which allow clearance of frustration which has not been expressed. Acne appearing or continuing into adulthood indicates past resistance to clear issues of vanity in many arenas of life. To heal this, the soul needs to discover inner beauty. If this is achieved, the acne will improve and recede.

Alopecia – Whether the causes of alopecia are physical or emotional, the patterns of anxiety and stress are present in the energy field. There is a need to connect to spiritual energy, so the hair falls out to minimise resistance to the crown opening. Difficult circumstances in the current life cannot be understood with the mental capacity alone and so an attempt is made to connect to the universal life flow via the crown chakra. This could also display control issues held in the energy field, as trust in the process of life is not sufficient and anger to spiritual connection is present. The soul is required to love and to value itself.

Bacterial Infection – (Impetigo, for example). This is often a soul group memory that is released at the same time. It is centred around the mouth to cleanse issues connected with the physical aspect of speech. Infections may of course occur anywhere in the skin, so look to the site of infection, the chakra which governs and protects the relevant area of the body or base chakra issues, will give clues as to which energy patterns require addressing.

Boils – The eruption of boils and blisters is the eruption of held anger which is bubbling up and releasing.

Blemish – A cycle of negative energy is being released. With advancing age, blemishes are precipitated in the skin that have not been cleared earlier in the current incarnation.

Carcinoma – Malignancy is often associated with exposure to ultra - violet light. Emotional anger to spiritual connections is present, yet a yearning for that connection is held within the soul. Burning in the sun is a wish for spiritual energy and the soul is burning off inherent spiritual anger. However, harm is caused as there is confusion within the soul as it seeks spiritual Light but is exposed to physical light and energy. Often there has been a significant history of being tied down by many religions in past lives, the dogma of those religions, and this has fostered great anger within. The soul has continued to blame others for being tied down and not taking advantage of the Light held within these religions to see clearly the true spiritual energy.

Dry skin – Emotional flow is diminished, and the soul is attempting to protect itself from experiencing the painful flow of emotional energy by protecting and armouring itself.

Eczema – Irritation at the experience of life, results in the manifestation of eczema when the denial of these life experiences occurs. Eczema often manifests when the soul is dealing with issues of pride and protection and the ego becomes irritated.

Excoriation – There is an energy in the auric field that demonstrates the inability to express anger or irritation. The soul cannot express her true feelings and so creates an inner conflict. There is a desire to see the life force flowing through the physical body. Seeing the physical representation of the universal life force, the soul knows she is still incarnate, still present and so still has importance.

Fungal infections – Anger and irritation is eating away at the physical body. Looking to the site of the lesions will indicate which chakra's energy is disrupted as

to allow an infection to occur. Fungal infections cleanse deep rooted patterns of inability to speak of difficulties and self-annoyance. Encouragement to do so is a necessary step toward wholeness.

Hirsutism – Hair is grown as a protection from the responsibility towards others and to the universal spiritual energy. A need to look fierce and unwelcoming is grounded in past life experiences of assault and bullying, so the hidden animal within emerges to keep others away. Women may need to display an excess of alpha energy to prevent themselves from being hurt in the current incarnation, as memories of the same are carried strongly in their energetic makeup. They shield their emotions with subconscious thoughts of being unattractive, so ‘no-one can hurt me as they will not want me’.

Ingrowing toe nail – Memories of being powerless as a child in previous lives results in the protection of the head representation on the foot in reflexology practise. The head must release the memory and the shield to fall. There may also have been too much protection from others in past lives, or no protection offered, and the incarnate soul is releasing memories of being alone and unprotected. The nail grows within, so augmenting the feelings of aloneness.

Keloid – The deposition of keloid scars is the release of past tribal memories, where power may have been taken away from the soul incarnate. Alternatively, an abuse of power that the tribal branding bestowed may need to be balanced. If the responsibility of the scar is taken on, then the scar will diminish and heal.

Parasites – Many souls who receive parasitic infestations may have a silent desire not to be in the physical realm. They are exposing themselves to have their physical representation of the life force taken from them. A history of being abused in many aspects of life may be responsible, allowing others to draw their energy away from the incarnated soul. There has not been sufficient protection for the physical representation of the soul by the soul.

Pilonidal Sinus – Much bitterness and holding with the inability to release this energy causes the manifestation of a pilonidal sinus. The toxicity of emotional energy is released into the body. There has been much inner fighting and conflict, with the result that the body is fighting itself in the current life.

Port Wine Stain – In the past the soul has left life with the stain of blood on her hands and passed with anger and resentment held within, until it had opportunity to release. They enter the current life as they left a previous one.

Psoriasis – Plaques of psoriasis are usually indicative of multiple past life injuries, and the shedding of the layers of these injuries. They can demonstrate battle scarring, leprosy or branding sites. They demonstrate the conflict and friction between the energy bodies that makeup the energy field of the soul. If Psoriasis appears on legs, there have been patterns of immobility in many aspects of life; if facial, there has been difficulty in showing the true self to the world, and if it appears on the scalp there is a shedding to allow Light energy to be received. Again, the position of the plaques on the body and their relation to the governing chakras indicate the soul wounds that are being healed.

Thick Skin – If a soul has in the past enjoyed materialism and the physical world at the expense of acknowledging other dimensions of life, they have now produced a thick skin and armour to release and so release the imbalance of physical and spiritual acceptance.

Thin Skin – With this manifestation the soul has had no inhibitions and maybe inappropriately so. They have told all to everyone but have not dealt with the difficulties of life. They have in the past wished for sympathy from others and have lived in a consciousness of victim powerlessness.

Ulcers – This demonstrates an eating away of personal protection that has occurred in the past. The soul has held onto long standing bitterness, rejection and anger. If the ulcers result from being bed ridden, i.e., pressure sores on the heels or the back, great releases are being experienced.

Viral Rash – Often associated with the transmutation of a group memory and the rash is transient and cleansing, as the negativity flows away from the body. A blistery rash indicates the release of pockets of anger, and if reactivated with infections such as herpes, the held anger is deep and requires several attempts by the body to clear it. Again, it is necessary to view the area of the body, the chakra and the dermatome involved, to receive a clearer indication as to the source of the anger.

Warts – Warts are indicative of past life clearances of negative pockets of energy. The location of the warts will give insight to the root source of the negativity. Transmission of warts is a karmic clearance between the individual souls involved in this karmic interaction.

Weeping Skin – the heavy load of negative emotions is being released through the weeping skin.

Conclusion

To balance the mis-qualified energies that manifest with skin disorders it is necessary to centre any healing programme to the throat and base chakras. Soul recall, if acceptable and applicable, would allow understanding to be gained, and allow the connection of memory to current life experiences to be explored. The solar plexus is also a major energy centre that might require specific attention. Crystal configuration placed to the body may accelerate the healing process, as will the wearing or carrying of crystals such as selenite and rose quartz. Peace to the whole body and energy is available via the tool of meditation and alignment practices and the use of water to allow all energies to flow, whether it is accepted internally or used externally.

DISORDERS OF THE EAR, NOSE, THROAT AND EYES

There has been much fear of connection in the past to spiritual realms, as there may have been abuse of the powers of extrasensory perceptivity in previous lives, controlling others with the increased perception of the soul. Emotional expression may not have been possible. The throat and third eye chakras are damaged as a result of these experiences in past lives. There is also evidence in the auric field of disharmonious flow between the two chakras. Strong crown chakra and spiritual energy and powerful spiritual connections have also been present in past incarnations.

THE EARS

Acoustic neuroma - A memory of anger to past life spiritual teachings which conflicted with the incarnated soul's ego. Inner hearing was strongly developed, and the spiritual connection was positive. The lower self has been wilful and was angry at the demands of the higher self. The negativity thickened around the physical organ of hearing and eventually a neuroma developed. Forgiveness allows the healing and balanced flow of energy to begin. The tumour has been precipitated by the imbalances present with respect to the emotional aspects of spiritual connection.

Cholesteatoma – Develops at prolonged anger the soul carried against herself and the nursing of old wounds. There was no desire to hear words of empowerment, so the clearance energetically manifests in the production of a thick substance to block the hearing.

Cauliflower Ear – This is often associated with contact sports or recurrent injury. With the sporting activity in the current life, there is a controlled playing out of previous war memories. The soul punishes herself because of guilt in past life activity, which is resident in the energy field. This distorts the ear and may distort the hearing, so the past actions of obeying commands in war time is released and the guilt lessened.

Deafness – Acquired deafness results in the opportunity to rebalance karmic energies in the current life which has not been taken fully. The energy is manifesting physically. If there is no anger at the developing deafness, then the other senses will develop. If anger begins to set in and resistance to the physical or spiritual hearing is ongoing at conscious or subconscious levels due to stubbornness of the ego, the deafness will progress.

Congenital deafness is due to an energy that has been brought into the life to rebalance karma. The heart has connected spiritually in the past, but the actions of the soul were not. There had been direct abuse of ear energy or abuse of eye energy, so the soul is born with lack of hearing sense to allow the others to develop.

Wax which forms a temporary deafness develops when there was no wish to hear or see what is occurring around the soul. The manifestation may precipitate due to current life circumstances or be cyclical from a past life incarnation.

Discharge – Discharge from the ear results from energetic negativity which flows. Many children with otitis media receive this infection from past or current life energy. They may not wish to hear their parents arguing in the current life, so withdraw from the turmoil and conflict and receive a physical illness. Releasing of the pressure from the present or the past, allows the energy to flow and the intuition to grow.

Glue Ear – The held negative emotions are sticking to the ear and cannot flow. If the problem is acknowledged, then the flow of energy begins. There has been a long history of resistance to hearing and listening and the misinterpretation of the messages that have been received. Children have an opportunity to clear through the disease, so they may hear and correctly interpret their life plan. The round and oval windows in the ear equalise pressure, so make openings in the physical level. Openings occur with jaw movements, so the soul needs to hear and act in accordance with the throat energy, which requires the ego to surrender to the universal life force energy.

Infections – Allow the release of negative patterning of hearing and listening. The soul may have been laughed at, spoken about and has felt vulnerable in the past. Infected ear piercings release anger held within the energy makeup of tribal memories.

Irritation – Anger at not being heard in the past lives. This may settle completely and fully if this energy is acknowledged, processed and released.

Mastoid Disorders – Deep anger is resident in the energy field due to deep anger that things which have been heard and misinterpreted both physically and spiritually, have resulted in painful experiences and consequences in past incarnations.

Pain – Pain experienced in the ear with no physical diagnosis found shows the negativity which is in the energy field has not manifested physically yet. This is a great opportunity to cleanse and rebalance without receiving physical disease.

Pinna – Large pinna reflect the wish to catch and hear the Light and express this desire from past lives. Small pinnas are a reminder from the past when the Light was not wished to be caught or heard and this is a soul reminder not to fall into the same pattern again. Congenital absences of pinna may be battle memories, but the ability to receive intuition or hear physically is possible. Traumatic loss or the excision of a pinna is usually related to a past life pattern, or a cycle of energy which has resulted in the loss of spiritual hearing. The energy of stubbornness may be responsible for not wishing to change the life or to hear instructions physically or intuitively.

Red Ear – Display patterns of anger at not being heard or not listening, which resulted in difficult situations in past times. The anger is superficial and need not result in more severe discomforts or diseases.

Vestibular Syndromes – The precipitation of dense negative energy (the debris within canals) when balance was not present in all aspects of life in the past. It may have been due to great achievements which have not been sustained, or previous intuitive instructions which were not acted upon, so the physical realm in which the soul is incarnate is distorted.

Tinnitus – For some souls this demonstrates patterns of avoiding intuition, for others an opportunity to clear a road to intuition – a spiritual awakening. Continued tinnitus shows that in the past stubbornness and resistance to opening to intuition have been present. In older age this may show the feelings of the

physical elderly soul's fear of change, or they may feel they are too old to change. Even if a change occurs on the day of passing, the energy is lighter and subsequent incarnation easier.

Trauma – This is a release of trapped energy and allowing the opportunity to remember to listen and to listen well.

Vertigo – Scattered thinking patterns reflect avoidance and mental fragmentation in the past. Thoughts have wandered and do not wish to connect the mental energy to the spiritual realm, so feel dizzy. Dizziness associated with heights reflects times when the soul chose to connect spiritually but then chose not to. The soul oscillated in its wishes and choices. The soul holds the Light and fear. The soul enjoys being at the heights of true life – spiritual realms but does not wish to leave the earth. There is often profound understanding of the spiritual realms but a difficulty in integrating this to the material world.

Conclusion

Heart healing is essential to the wellbeing of ear disorders. Connecting to life plans and self-realisation helps to release control patterns with associated stubbornness and anger. Crystal configurations to strengthen the heart and throat with accessing soul memories will aid the journey to wholeness. The carrying or wearing of crystals such as turquoise, lapis lazuli and jade will help. The mainstay of attaining and maintaining alignments and balance are the Emerald Alignment and meditation practices.

THE NOSE

The chakras that are not functioning well when disorders of the nose manifest are many. The third eye, throat, solar plexus and sacral energies the major ones affected with unhealthy flow. There are issues that concern intuition, and expression of emotion especially concerning the soul group with which the soul travels and usually members of this group are found in the family unit, all incarnate at the same time. Anger and resentment compound the poor flow of energy between these chakras and the remaining centres and energy field associated with the incarnate soul.

The shape of the nose will give an indication to the soul personality which is wearing it and the aspects of the personality that needs to be addressed. The nose shows the direction of the path being taken. A large nose carries a history of

self importance, whereas a wide one shows that there has been no straight focus to the lives lived, and the soul has drifted many times with no specific direction or motivation to achieve. A straight bridge may indicate that the soul has travelled the correct soul journey and has been on the correct path, or that the soul energy to be balanced is that of arrogance and the ego certainty of being correct, not soul certainty. A small nose indicates that the incarnate soul did not wish to ascend to adulthood; to grow and evolve in past lives, and a hooked nose did not wish to look within and has associations of being critical, secretive with no desire to know of other's discomforts. An asymmetry (present in most incarnated souls) of the nose, if exaggerated, demonstrates the imbalances of past lives especially in relation to family. The nose is closely connected to family relations.

Anosmia – The sense of smell links strongly to memory, so the soul who cannot use this sense does not wish to remember the taste and smell of the sweetness, or otherwise, of life. There have been lives where the inability to express and taste joy have not been had. If joy is experienced the journey to life's sweetness begins.

Epistaxis – Fear and resistance are present, and the soul does not wish to project itself forward in life. Instead of walking, they stop in their tracks and the blood is indicative of the spiritual life force flowing away.

Malignancies – The emotional load is cleansing the energy and is literally eating away at the nose and the ego, to allow access to the third eye and intuition.

Nose rings – The number and position reflect a tribal memory brought into the current incarnation. It may be positive or negative, helpful or not in the current life journey.

Pain – If no cause for experienced pain is present, then pain heralds a negative energy issue held in the third eye and throat chakras, giving opportunity to explore and release this energy before it manifests as a physical disease.

Polyyps – The collected negative emotion of family ties which have not been dealt with become irritations. The polyyps restrict the breath of life, as the heavy emotional deposits try to discover a method of releasing and flowing.

Rhinitis – The nose is crying within and is constantly shedding the emotional discomfort felt by the soul within the family relations of past lives. If the discharge is of thick mucous, this indicates the stagnant emotions beginning to flow. If watery, then the emotions often accompanied by anger are releasing. There is held

karma of not sharing the Light within family units and irritations held towards the family.

Rhinoplasty – The plastic surgery results in a more physically acceptable nose to the incarnated soul. However, the soul is denying the negativity held within its energy field or does not want to see the clues that the shape and size of the nose offer the soul for its evolution. The nose that results is how the soul wishes to project itself to others and is led by ego. An accident or trauma resulting in the need for reconstructive surgery may be a life plan choice and if the lesson is learned, the negativity held is released. If not, the karma associated with the trauma is magnified by the anger at the self and any other karmic connections involved in the incident.

Sneezing – Sneezing attempts to clear energies of irritation. The droplets of the sneeze spray outwards and are given to others. Thus, infections distribute the negativity within. There is often a sense of release after sneezing. This opens the connection to the third eye. Sneezing also heralds a recognition of something; a past life, karmic connection which may be entering the energy of the soul. When a sneeze occurs, it is useful to take note of what is occurring in the life at that time.

Sinuses – Blocked sinuses indicate past reluctances to release emotional energy. The face shows emotional expressions such as love, hate, discomfort and joy. When diagnosing the disorders of the nose metaphysically, it is important to look at the life, work relations, soul group and the flow occurring within these areas of the current life. Patience, tolerance and acceptance are often required. The heavy mucous that does flow indicates much withholding of Light in past times in relations to all aspects of life and is usually precipitated in the current life by a similar situation which has been experienced before and is held within the energy field.

Snoring – Great intuitive connections occur in the sleep time. The experience of receiving Light instruction is so pleasant that there is a reluctance to return to the physical realm.

Swelling – The nose protects the emotional difficulties that are held within the energy of the incarnated soul.

Trauma – Fractures of the nose indicates that in times past there has been discomfort in the direction of the life. The soul refused to travel in the direction written in the life plan. The arrogance is broken with the trauma sustained and this then recedes from physical holding and the energy field. The nose protects the

optic chiasma and sits at the root of the third eye. Trauma may lead to enhanced intuition.

Conclusion

Memory access to understand the difficulties within the soul group would promote the journey to wellness and help accomplish the life plan. To help the intuition open, crystal healing configurations to balance the throat and third eye energy could be employed. Regular meditation would enhance the intuitive process and the practice of the Emerald Alignment in situations which would cause familial disputes and difficulties, would alleviate and mitigate such energy. Wearing and carrying of crystals such as turquoise, lapis lazuli, emerald and amethyst would help. The use of crystal lasers would promote the flow of energy, as the dense energy matrix is broken down by these very powerful crystals. Vibrational healing systems to balance the emotions would also ease the journey to wholeness and health.

THE THROAT AND THE MOUTH

The metaphysical pathology associated with throat disorders lies within the throat and solar plexus chakras and is concerned with the ability to express physically; that is, to use the voice or to express emotions. Throat chakra energy is the energy that allows greater access which is more continuous to spiritual realms and this requires that the will of the soul incarnate defers to the will of the spiritual realms. The conflict within the energy field which relates to a threatened ego results in the manifestation of disorders affecting the mouth and throat.

Abscesses – Anger over decisions that have been made in the past concerning the spiritual aspects of life manifest as dental abscesses. Great conflict resides in the energy field associated with anger at the self for not making the correct decisions.

Dental Decay – The energy is eating away at itself, and the mouth is beginning to fill with negativity. Decisions are not being made that flow with the life plan or there is conscious or subconscious conflict with the execution of these decisions in past incarnations.

Gums - The lack of joy with decisions that have been made in the past manifest as gum problems. Decisions may have been made for the soul without her consent. The gums play an important part metaphysically in the forming of foundations of beliefs.

Herpes - Eruptions around the mouth allow the release of anger and frustration associated with expression. Angry thoughts that have been left unspoken manifest as painful blisters. There is a need to learn to express in a balanced and neutral way, the feelings of the soul.

Hoarseness/laryngitis – Due to infections and inflammation, then deeper cleansing is occurring especially of the thymus energy which is situated just above the heart chakra. This will allow the soul to speak her own spiritual speech and truth and that it is heard. Hoarseness cleanses associated emotional difficulties.

Infections – Recurrent infections occur because an opening to vulnerability is brought into the life and leaves the soul open to attack at many levels. The inner defences of the soul are not strong. The energy field is weak in the areas of self confidence. Recurrent infections cleanse memories that are held concerning protection and defence of self and others. There is also a cleansing of inabilities to express confidently the soul's own truth. Often a step forward has been taken and then the negative energy burns through physically with a throat infection.

Lock Jaw - The inability to speak in the past is associated with great terror. This shows deficiency in the energy field to do with vulnerability and protection brought in from the past to clear in the present.

Lymph Node Swellings – If these are secondary to an infection then a greater and widespread cleansing of the energy field is occurring. If resistant swellings with no obvious cause remain, then looking to current life situations may offer clues as to which energetic issues within the energy field are being offered an opportunity to release. For example, a child may need to learn to use the voice and balance the throat chakra in preparation for the life plan - the adult life, to be accomplished. An adult may have not taken the opportunity to clear and cleanse fully and the lymph node swelling remains as a reminder to address certain issues. If these reminders are not heeded, then a physical disease may well manifest in the current life. Looking to current life circumstances is useful as a current situation is usually the energy load that adds weight to energy field patterns, causing them to manifest as physical disorders. Diffuse and disseminated swellings through the lymphatic system network will make the primary cause difficult to identify, but swellings are accumulations of negativity usually concerned with poor emotional flow.

Malignancies– Deep emotional cleansing of patterns of fear, anger and expression of personal and spiritual will. There will have been lives in the soul's history where the throat energy has been misused or not used when opportunities were

present, to use the throat energy effectively for good. Domination of others may have occurred. Lives of low self - esteem and inability to express feelings or even speak will all have played a part in the past to manifest current life malignancy.

Mumps – This infection affects many glands and allows cleansing of negative energy with respect to the ingestion of life giving nutrients in a physical sense and can be compared with spiritual nutrition. If the gonads are affected and sterility occurs the inability to pass on Light and life stems from past lives. The desire to receive the universal life force is a life plan choice which allows much to be cleared from this aspect of energy. It is a great release to receive mumps, allowing the ability to speak with Light. If the infection is received in later life, orchitis allows great cleansing to the base chakra energy, and offers a gateway opportunity to many aspects of life for the incarnate soul.

Pharynx – Difficulties that present in the pharynx result from the soul's history involving no spiritual sustenance having been made available to the heart. Emotional aspects of expression also manifest with Pharyngeal disorders. If the oesophagus presents with inflammation, this also conveys unbalanced expression. Achalasia shows a wall that did not allow emotions to pass through in the previous lives of the soul. No solid physical food was received for digestion without causing discomfort, so a lack of emotional sustenance ensued, which is now precipitated for cleansing and clearing.

Salivary Gland Calculi – There has been a resistance in the past to accept the flow of life. Calculi impede the flow of saliva, and cysts may form; infections follow in the salivary glands. The manifestation of dense energy into calculi afford deep cleansing and balancing to the energy that allows the flow of life and sustenance for the life, that is the universal life force or spiritual energy.

Split tongue – great negative energy associated with conflict has come into the current incarnation to be cleared. There has been misuse of power in the past, and the ego has become the driving force for the life. The fork tongue releases the conflict held within the energy field and the incarnate soul should be encouraged to speak and express in a variety of ways.

Taste disturbances – If taste is disturbed then there has been in the past, difficulties concerned with the discernment of Light and shadow. There have been times when allegiance has been given to shadow energies and not believed in the Light. It was difficult to tell as the energy field was clouded, and so aspects of life became more clouded and a perpetuating cycle was begun. There are also patterns held in the energy field, where the soul was unable to enjoy and take in

the variety of life experiences, and so consequently the experiences of Light. A denial of life, joy and variety is held in the energy field.

Teeth – Teeth are generally concerned with decisions, or the inability to decide and making wrong decisions that conflict with the life plan. Fractures may occur cyclically if the lesson has not been achieved, or an incorrect decision made as written in the plan for the incarnation. Greater cleansing occurs at pivotal moments in the life plan with respect to life choices. If dentures are worn, they can also fracture if the lessons in life are not heeded.

Tongue tied – In previous lives the incarnate soul did not take the opportunity to speak, so the tongue is tied to clear that energy. When the tongue is freed, the issues of speech and fear should be explored.

Ulcers – Ulcers cleanse deep anger at its origin. Much pain has been experienced in past lives concerning fear of speaking. Issues of betrayal and hatred are also strong in the energy field. The energy eats away at itself.

Wisdom teeth – If insufficient time and space has not been given in the past to create a firm foundation for a particular aspect of life, problems will arise that affect these teeth. The jaw reflects perceived problems with foundations of building life, and hatred and revenge are wished. The teeth bite the revenge inwards and so cause physical pain.

Conclusion

To balance and heal disorders of the throat and mouth and restore the energy associated with these disorders to wholeness requires much sensitivity, understanding and compassion for the soul that is incarnate, for they are very deep conflicts which reside at the foundation of the soul's life. Throat chakra and solar plexus healing with crystals, vibrational healing systems will greatly accelerate this process. Exploration of issues of personal empowerment without the need to control others or feel controlled by others, especially feeling the egos need to surrender to Light will be difficult to balance and integrate in the journey to wholeness and health. The carrying and wearing of crystals that promote peace and cleansing would be beneficial such as amethyst and rose quartz, and the practise of meditation and alignments will make the difficult journey much easier.

THE EYES

The metaphysical pathology that results in physical eye disorders centres mostly around the third eye chakra, the throat and crown and in the emotional aspects of the personality. In the past when intuition was developed in the incarnate soul, the gift was not fully mastered and the result was manipulating intuitive insights for personal gain, allowing the ego to lead the interpretation of the intuitive insights and not the wisdom of the heart of crown energies. Anger at the self and the Light would grow as the gifts of intuitive insights diminished. Fear would then develop when the experiences within the incarnation were not understood and not seen from a spiritual perspective. Then, a closing off to the experiences of the incarnation and the convergence of soul mates and groups would happen, so the opportunities to see life physically as well as spiritually were not taken.

The eyes are said to be windows to the soul, but the shape, size and colour also show an aspect of the soul that is incarnate to help cleanse and strengthen the whole of the incarnated energy of the soul. Small eyes show an energy of secrecy and not wanting to allow others in, whereas large eyes are welcoming to others. Deep set eyes reflect an aspect of the soul that wishes to hide. Long lashes protect the soul's exposure and the clouding of energy that the soul carries. These eyes do not wish to bare the soul or for others to see within. Much shame is held within, so that the fluttering of the lashes prevents the soul being exposed at a metaphysical level. Short lashes allow in more Light. The eyes may release memories more easily, as the Light enters and dissolves the negativity, allowing it to float away. Blue eyes convey a desire for the soul to connect spiritually. Light blue eyes desire connection but also avoid the connection; they advance as far as comfortable and then stay there. Mid blue eyes are developing peripheral and deeper vision, while deep blue eyes see still more greatly into the spiritual world. Green eyes indicate that the mind is required to align and balance with respect to the other bodies of energy, while brown eyes remind the necessity to ground the energy. Of course, the appearance of the eyes, as with the nose, gives an insight into the soul personality incarnate. The eyes should be read with all the other aspects of the soul which are displayed to the world of matter.

Astigmatism – Oscillations between connection to spiritual realms and losing that connection in lives that have passed, sometimes in the same incarnation. The vision of spirituality is distorted and imbalanced. This reflects an inconsistency and imbalance when viewing life, oscillating views without any real reasoning behind the changes and fluctuations.

Blepharospasm – The soul did not wish to acknowledge the Light in past incarnations, and this is being cleansed by not being able to see. The shutters are

put down. If in the past the spiritual vision was denied, then life could not be requiring change and so the soul did not need to change and evolve and grow.

Blindness – Blindness offers the soul a big opportunity to balance the third eye energy and to develop other senses and intuition. Congenital blindness is a life plan choice to clear misuse of vision in the past. Acquired blindness manifests when the opportunity to clear the energy load brought into the life has not happened sufficiently.

Blinking – Repetitive blinking blocks out of the Light and is a result of not being able to sustain or not wanting to change habits in previous lives. Difficulties that were encountered were considered overwhelming. The Light was always available and was given to the soul to complete the life plan but fear which was present blocked out spiritual energy and now its physical counterpart is blocked out, exacerbated by fear to facilitate the balancing of this pattern of energy.

Blurred Vision – In previous incarnations there was an inability or choice to not see clearly what was going on, and this energy is being reflected in the present. The third eye energy was unaligned. The blurring of vision could be a cyclical memory being revisited in the current life. The energy field becomes blurred at significant points and energy convergences because of past experiences of fear and difficulties at these times.

Cataracts – Emotional souls have their vision clouded by their emotions. There may be great intuitive sight present, but it is coloured by their feelings. In the past, the soul has only seen what she wished to see, and now she sees the very thing she tried to avoid - darkness. Physical sight is diminished and the lesson to be learned is to still the emotions so the 'third eye' sight is clear.

Colour blindness – The lack of retinal pigment can cover the whole of the colour spectrum and the colour that is not seen reflects the patterns of energy that require cleansing and balancing. If the colour red is affected, the anger held is so deep and hidden and it is shielded. When green is seen there is a wish for balance in life especially in third eye energy. If green cannot be seen, then there has been little emotional alignment and the balancing of emotional energy with respect to intuition is being cleared.

Glaucoma – Souls who receive glaucoma in the physical incarnation are clearing energies of not liking what it is they had seen and witnessed in previous lives. These souls may have been hurt greatly and suffer from these long - standing hurts that they are unable to forgive themselves of others. They feel, often

unknowingly, an anger to themselves and to the Light. They eventually cannot see the physical Light, so need to look within.

Hypermetropia – Fear of what is occurring in the present. In past lives, the soul was always looking to the future. A goal would be projected forward in time. The goal was set but the path to it was not clearly seen. Many souls who have long sight in the current life created karma in the past, by not wishing to be seen by others and hiding instead of shining.

Inflammation and infection - For example, conjunctivitis. Anger and irritation are present at what was able to be seen and what could not be seen in past lives. The unknowing caused anger to grow within the energy as there was an inner knowledge that all was not revealed. Manipulation of the third eye energy for self-gain is often released through infections and inflammation. Infections with micro-organisms clears a deeper anger than inflammation of the eye.

In-growing eyelashes –Manifest due to an energy brought in which was not protective of inner vision and intuition. The soul may have misrepresented guidance received in the past for personal gain.

Itchy, Red, Burning and Stinging – Irritation at not liking what the soul has seen in the past. The soul was not looking and viewing a situation properly and anger developed because of not understanding the situation placed before them. Anger was grown against the unseen world.

Macular Degeneration – The aspect of the soul energy that needs to be balanced is the accountability and responsibility for the actions of the soul in past lives. The soul does not wish to acknowledge its behaviours so stays in the dark. Peripheral vision is spared as a reminder to focus on key issues in life and not to give unnecessary attention to secondary ones. In past lives, the soul has looked at what it wished to see and was not able to view a problem in its entirety. There were times when it was difficult to accept another point of view which was not the soul's; the soul was always correct. Now, in the current incarnation, the soul has chosen to see around their view; to see peripheral sights and views. Some vision remains and so does hope, and this allows the intuitive vision to see with other senses. The soul sees beyond sight.

Myopia – In previous lives there has been a fear of the future and what it may hold. The throat energy which may be dormant needs to awaken and align to the third eye to view reality of the physical world and act in it accordingly.

Retinitis Pigmentosa – This disorder is the result of deposition of pockets of negativity which corresponds to the networks and energies of darkness that the soul has walked through its many lives. The affected level of sight varies and corresponds to the soul's journey to wellness.

Styes – The soul is not happy with what she sees, or she sees with anger and so sight is not clear as the anger within colours what is truly before the soul. This is a clearing of held anger.

Trauma – Trauma to the eyes may result from a trapped memory of an injury from a past life which is released through the current injury. A reminder to see with clarity is written into the life plan and the trauma is a subconscious attempt to remind the soul to remember to view life clearly.

Conclusion

The alignment of disorders of the eye physically and energetically, suggests that an exploration of fear of life is required, and how the fear held within has thwarted the soul from fulfilling the life plan experiences both for herself and for others. This could be accessed through soul recall of the held patterns of memory in the energy field, the memories understood and released. Acknowledging that spiritual vision is one of the main gateways to connecting to guides and sponsors of the life and that forging that connection will allow vision beyond physical sight. Third eye healing through use of crystals, vibrational healing modalities, meditations would all help to bring this energy centre into alignment.

ENDOCRINE SYSTEM

The metaphysical pathology displayed in the energy field when disorders of the endocrine system manifest is widespread but especially affects all the major chakras, specifically the heart, which is the centre of balance of all life. The endocrine system is the system through which the energetic bodies connect to the physical body, so that the flow from the ether to the physical body is balanced and even and adjusted as required by the incarnate soul. Each major chakra governs an endocrine gland. The gland is the balancing organ in the body that adjusts and fine tunes the function of the physical body with the metaphysical functions of body energy field, chakras and meridians. Spiritual denial through lives and the oscillation of denial with acceptance of spiritual life, results in disturbed energetic connections with the physical body, which manifests as disease.

Adipose Tissue – Leptin overproduction displays past life memories of not using what has been given and storing or hiding the commodities received, whether they be energetic or physical. The insensitivity to leptin shows the energy that has been carried into the current incarnation, of the need for emotional control and the need for more, displaying the energy patterns of fear and lack. In the past there has been much control over what they had and did not wish to change this energy into a sharing one. The wish to store and hide their physical or energetic gifts and not use them, results in the deposition of this stored energy often around the emotional energy centre in the centre of the body.

Adrenals – These glands sit just above the kidneys which are the filters for emotional energy. If the kidneys are unable to filter and cleanse emotional energy load sufficiently, disease will manifest physically. With Addison's disease of adrenal insufficiency, the whole body is affected as the body attempts to balance and flow, especially through the processing of emotional trauma. In an Addisonian crisis when the body and energy are subject to stress, the incarnate soul may take the opportunity to leave the physical incarnation, as the emotional load is deemed too heavy to even attempt to clear.

Adrenaline and noradrenaline excesses are a result of much fear which is held in the energy field, many times the fear of losing the physical life was present. These souls have travelled through time, always on the alert but always lacking any control of their lives. Any available energy is used up so the fear of 'lack' perpetuates also.

Cushing's Disease results from protecting the emotions held within the solar plexus energy from being felt and processed. The thinning skin may indicate past life injury or tribal memories. Repeated emotional rips, tears and damages may also result in the formation of striae as the skin is not protecting as it should because the soul incarnated feels very vulnerable. Conns Disease and other hormones affecting salt and blood pressure, balances attempt to overcome the stagnant flow of emotions by facilitating and encouraging the flow occurring with the fluids of the physical body through the procession of emotional trauma.

Gastrointestinal Tract – The solar plexus wheel of energy represents the sun, and the sun sustains physical life. The regulation of hormones that sustain physical life through the intake of nutrients reflects the wish of the soul to accept or reject spiritual nutrition. In past times the soul has not been able to accept and receive pleasure of physical food or of life. The disturbed flow of energy to the

gastrointestinal tract reflects distorted flow to emotional pleasures by the need to control the energy received by the physical body.

Gonads – see the genital system.

Kidney – Erythropoietin reflects the relationships with the flow of universal life force. Over-secretion is indicative of past life personality. It has been dominant and thwarted other souls on their paths, whereas under-secretion indicates lives of a fearful personality.

Pancreas – Lying in the abdomen close to the solar plexus, disorders of the pancreas indicate past life relationships of the soul with herself and with her soul group. Bitterness from these relationships resulted in the denial of joy and enjoying life. The lesson brought into the current life to master, is that mastery only comes with work and experience. The joy brought to the mastery of a particular energy pattern allows the bitterness that is held to begin to transmute. The excess emotional load that is prevalent to the planet is reflected by the current increase in incidence of diabetes mellitus. Hyperglycaemia manifests when there has been an excess of negative emotional flow through many lives.

Insulin dependent diabetes affecting younger people with a rapid onset, is an energy pattern that is surfacing so that karma and energy is balanced with the soul group surrounding the soul with diabetes.

Non-insulin dependent diabetes has a similar energetic pattern to insulin dependent diabetes. These souls may have been insulin dependent in the past but had not sufficiently cleared the lack of joy within their energetic makeup, so in the current incarnation they have a less severe disease. The balance has been tipped so the soul is able to see and enjoy the sweetness of life. Previous incarnations may have left the soul with great despair, that the energy is cleared with the development of this type of diabetes in subsequent incarnations.

The transition of non-insulin dependence to insulin dependence in diabetes in the current life results from failure to address physical and spiritual difficulties and the energy patterns become so compounded and heavy that insulin dependence is precipitated in the current incarnation. The opportunity to heal when offered in the current life has not been taken. Pre-diabetes is an opportunity for prevention. The recognition of the held energy patterns and the transmutation of them into positive patterns of joy, inhibit the disease form affecting the physical body.

Glucagon aids the balance of sugar within the circulation, although its effects are not as acute as with adrenaline. It demonstrates that the soul is learning to balance excess sufficiently, but this balance may not yet be fully integrated or understood by the soul.

Parathyroids— In previous lives, the scaffolding of the life has been distorted and this results in the circulating calcium being reduced and a greater deposition of the mineral into the bone than is required. As there was no structure to the life in the past, the soul did not want to live it and the bones reflect this by being brittle and fracturing. Demineralisation of the bones releases more calcium into the circulation and the bones crumble. The body does not feel its structure is sufficient to accomplish the life plan it has written in the Light. Adenomas that occur in postmenopausal women reflect times when in the past there was resistance to change, and the personality became rigid. Parathyroid disease clears this pattern of stubbornness and wilfulness from past times.

Pituitary Gland— There has in the past, been misuse of the third eye difficulty which is reflected in poor function. Intuition which has been received and misinterpreted affects the incarnate soul and others. Perception of the experiences of life become coloured with emotional pain. The third eye chakra works with the other energy centres so other endocrine disorders that manifest, result through poor flow between the third eye and the chakra associated with the endocrine gland by which it is governed, for example, thyroid disorders show disturbed flow of energy between the third eye and throat chakras. The flow of energy received is dependent on the needs of the body. Too much energy may be received by the third eye and so this results in over secretion of hormone or too little energy is able to be accepted by the third eye from the universal flow of energy that hormonal under secretion occurs. The primary cause of this disturbance in the function of the third eye chakra is through many lives of passing the soul has prioritised the mind over the spirit to greater or lesser degrees. Organ stimulating hormone levels are dependent on the health of the chakra governing the organ also impact the function of other endocrine glands.

Oxytocin, often referred to as the 'love hormone' is secreted from the pituitary, and affects the physical emotions as known and accepted. It also promotes the unconditional love of the spiritual realms to be experienced by the incarnate soul. If a birthing mother is not producing enough of this hormone to facilitate effective labour, there are past life difficulties concerning birthing which are precipitated in the current life or with the birth of the incoming soul.

Prolactinoma– This is steeped in past memories of over nurturing with or without the added energy load of fear of conception. The physical body assumes a post-natal state, and the third eye perceives this state of being as fact. Many souls who intuit from the mental energy often receive pituitary dysfunction which over time and lives, results in spiritual detachment. Eventually tumours will grow and distort the physical vision causing disturbances of flow between the two cerebral hemispheres. The third eye begins to clear and inter-cerebral flow begins to balance through the physical illness, cleansing the patterns held within the energy field.

Thymus – This chakra is activated when the soul is making its decisions affecting the life plan in the current incarnation. The chakra allows the 'opening up' to a greater reality and clearer decision making. The only decision forming an energetic point of view, is to decide to allow the resistance to greater realms of existence to fall away, and this energetic change occurs in levels of the energy field that lie beyond the spiritual level. Thymosin promoting T and B cell immunity helps to protect the physical life to adolescence, and the thymus energy centre also protects the life plan to adolescence. Physical and energetic protection diminish as the life plan and karma of the soul come into play in young adulthood. The thymus energy does not recede as does the physical gland but continues to develop and allows threads of Light into the incarnate being to facilitate life plan journey. The function of the thymus chakra is to the connection of understanding of spirituality and the higher being of the incarnate soul.

Thyroid – Disorders of the thyroid gland demonstrate imbalance in many aspects of the current incarnation. Over-secretion of the hormone indicates that in the past, life had been lived at too fast a pace and so many opportunities had been missed. A life that is lived in the fast lane may be one that is rooted in fear associated with stubbornness and ego. A life which may indulge the physical life before the desires of the soul and the life plan choices. Eventually burnout will develop as the ego cannot sustain the speed of life. Other causes may include the soul which would be able to speak but would often just say words which did not impact onto the subject of conversation or may indeed have spoken very effective monologues that did not mean anything. The words were coming from the mind, and the control and power the soul felt was pleasing. The bulging eyes are a consequence of wishing to see more than the physical sight allowed. These souls in previous lives were not content with what they had achieved and wished for more. They did not use the Light energy that they received, well and efficiently but squandered it. Another cause of the manifestation of this disease, is that in the past, there has been an inefficient use of the energy available. There was

always a requirement of more of the physical world, and the need eventually damaged the energy field. The physical body remembers and feels that it requires the greater energy to fulfil functions of the current life. The soul has not learned to stop and be still to replenish. If a thyroid crisis occurs with the immediate jeopardy of the physical life, this releases much control and balances the ego. There is a metaphysical acknowledgement and surrender to the will of the soul and Light. An exit from the physical life is written into the life plan, as a means of damage limitation, if the incarnate soul is too stubborn still to adjust to the change of life that is written into the life plan. With the presentation of hypothyroidism, the energy that is being transmuted reflects manipulation employed by the soul in previous lives. The soul would, through its life journeys, feel unsupported and dare not engage with life as it remembers the mistakes it made previously with its control and manipulation of others. Weight gain also adds to the non engagement of life as the soul finds it difficult to flow with life, so it hibernates. The throat energy slows down and the soul is not able to determine the will of the life plan. The incarnate soul has hidden from the Light, and the Light remains hidden in the physical bodies as it is not used. The resulting energy is akin to hibernation, hiding from the Light; the whole body slows down as it enters sleep.

Conclusion

To balance the endocrine system disorders, the first steps involve understanding the diseased organs relationship to its chakra and then integrate this knowledge into the current life. Soul recall may help this process, and the physical healing should focus on balance within all aspects of life, which will balance the body, chakras and the energy field. Crystal configurations placed to the body and the carrying of crystals will promote continued healing. There is a need to accept other dimensions and realms of life other than the physical current one being lived. The heart requires healing and the wisdom that lies dormant within the heart needs reawakening.

Part 3 – Holistic Health Care

The next time he was visited by her, she told him that she would like to show him some ways that his patients could help themselves and others taking an active part in the healing relationship. It was important that options were available to his patients as some would find a particular avenue of self-help more comfortable and easier to accept and to use.

By now, she said, the overwhelming effect of the states of mind and emotions on health should be understood by those who wish to heal and not just cure, and it is these states that drive responses to any given situation. The responses of the incarnated soul are steeped in and driven by memory. Positive responses follow a calm and peaceful mind and balanced emotions. Negative responses come from a mind and emotions that are not at peace. Bringing more balance to the mental and emotional aspects of the personality will bring more balanced responses to situations and experiences, and these will change the energy field in the moment. Continuing these positive responses from a place of peace and stillness creates a new pattern of energy that will dress the energy field, which as she said, I now know affects the makeup of the physical body. It would make sense therefore to bring stillness and peace to the patient, and then in that state to address the negative aspects of the emotional and mental energy. This, she said, is very easy to achieve, is inexpensive, and the main expenditure is the time taken and the wish to heal the self.

She said they would address alignment once more, although he was now practised with this method of self help, using this in a disciplined way daily. They would discuss meditation, effects of colour and sound on the patient and the energy field, as well as the use of flower and gem remedies and crystals. Hand in hand with what medicine could offer he may suggest 'body therapies' to help the healing process and lightening of the energy field. All the methods mentioned above and addressed below, heal the current and past life trauma through cleansing, balancing and aligning the energy field, which would impact on the body and mind in a positive manner.

The examples that she would give below are not exhaustive in any way, but they are the common, known and easily accessible to most patients, either formally or informally. All holistic healing addresses the body, mind soul axis with relation to ill health and disease, the patient should find the one which the incarnate soul is most comfortable with at the time and know that the modalities of holistic healing

required by the soul may change as she evolves and progresses through her incarnated life journey.

SELF-HELP TECHNIQUES:

Alignment

There are many ways to align the energy flow within the body. In time opportunities will present themselves for a soul on a conscious journey to experience some of these ways. A soul may never be too aligned or align themselves too often. As self alignment is practised, then the effectiveness of the discipline and any task undertaken increases and becomes more fluid and easier.

The energy field reacts moment to moment to any energy flow that is around the soul, be that positive or negative. The soul is often aware at a conscious level when she is in the presence of an aligned and peaceful being or in the presence of someone who is emotionally distressed. The same applies to the environment. If the soul enters a place of peace, joy and positivity she will also feel joyful and well. If she enters a place of sadness or where there has been disturbance, the feelings are sensed in the atmosphere. This is because the energies surrounding the soul attract and pull on the patterns held within the energy field.

Placing a veil of dark blue light around the energy field affords protection from the negativity and denseness around, but still allows the flow of positivity through the field of protection.

A soul that is aligned shall never be overcome by emotion or be swayed by negativity. She will also see the gift of opportunity and learning in all that she meets within her life. There is much density upon the earth at this time, which seeks to pull upon the difficulties held within the energy field. To attain connection to the spiritual realms is the only antidote to the surrounding negativity at this time.

To align the self:-

Stop and be still.

Call upon the Light for help.

Breathe away any heaviness or negativity within you to the earth, asking that the earth transmutes this energy into positivity. Imagine the breath as the colour light blue washing down from the crown of the head to the feet and out into the earth.

Breathe in positivity and connection to spiritual energy. Imagine the breath as the colour emerald green washing down from the crown of the head to the feet and again into the earth. Imagine the emerald flowing through the arms into the hands.

Seal your energy in a protective bubble of deep blue light at a distance of an arms - length around your physical body.

Thank the Light for the help you have received.

To align a room (or the environment):-

Stop and be still.

Call to the Light for help.

Imagine the colour of light blue spiralling through the room or space, paying attention to corners or obstacles. Imagine the blue washing away the negativity from the room or space into the earth for transmutation into positive energy.

Imagine the colour of emerald green spiralling through the room or space, filling it with its Light.

Seal the room or space with the light of dark blue.

Thank the Light for the help you have received.

If it is difficult to imagine and visualise the colours then accepting the sense or feeling of the colour however it presents its energy to you is a very good place to start. In time, as the energy field begins to transmute and clear and the third eye begins to open, the colours may be experienced in many different ways.

Meditation

Meditation is the simplest yet greatest tool for healing and aligning. It exercises the intuition, brings peace, clarity and strength to the whole of the being of the

incarnated soul. Meditation is the gift that the soul can give to herself anytime, anyplace. It does require practice, but the energy that is received through this discipline is able to sustain the soul in her activities and work. Meditation is the key that opens the doorway to the true understanding of the soul's life, and which will help her to move forward to achieve the purpose of the incarnation.

Before meditation, there is a need to acknowledge relaxation. The first step to meditation is to relax. It is through the soul's ability to relax and be still that she will find the pathway to meditation clear.

Relaxation allows the soul to:

- Let go of tension and stress.
- Rebalance the body, mind and spirit.
- It need not take long, just a few minutes throughout the day will bring many benefits.
- Brings clarity at many levels.
- Allows peace and stillness to enter the being and so the life.
- Gives time to work through experiences naturally.
- Allows reflection as opposed to thought.
- Calms the body, mind and spirit so bringing health benefits.

To gain maximum benefit the correct posture is needed. A river flows more easily if there is less to obstruct its path, so with the body. The body will allow peace and harmony to flow with greater ease if the posture is relaxed and straight, and allows for the easier release of stress, tension and anxiety from the body. If on a chair sit with the feet uncrossed and flat to the floor, the back straight and the head erect as comfortably as possible. Hands should be placed with the palms on the thighs or knees. If lying on the back keep the back and head as straight as possible ensuring the arms and legs are not crossed.

At times many will find difficulty in being able to sit and be still in peace and quiet, so there are many aids that may be used to assist the relaxation process.

- Soft gentle music
- Sounds of nature such as waves or bird song
- Flowers
- Gentle lighting and colours
- Pictures
- Minimising distractions and interruptions as much as possible

There is always time to stop, be still and relax even if it is for only two minutes. When relaxation is prioritised in the life of the soul, then she will experience many benefits. The technique is simple, the foundation for all relaxation and meditation disciplines is to stop and be still.

- Close the eyes. Starting at the crown of the head simply breathe down the body releasing tension as you do so focus on each aspect of your body (muscles, skin), let go of tension and relax when the soles of your feet have been reached, allow the tension to release and drain into the earth.
- Pause for a while and be still.
- Gently breathe back up the body from the toes to the crown of the head. Feel the body filling with peace, strength, joy and positive feelings.
- Breathe to the centre of the body, enjoying the feeling of relaxation and balance.
- Open the eyes.

A slighter longer technique uses visualisations and sensations.

- Begin as above breathing from crown to feet and back to the crown of the head. Sit in the stillness for a while. Imagine a place of beauty, a peaceful meadow, a stream, a waterfall, a sunbathed world. Spend some time in this place and be peaceful.
- Breathe and focus to the crown of the head. Visualise or sense emerald green and breathe into the whole of your body from the crown to the feet. Imagine roots of emerald green flowing from the soles of the feet into the earth like tree roots.
- Visualise a blue bubble surrounding the body at a distance of an arm's length.
- Moving the fingers and toes; feeling safe and protected and opening the eyes.
- Take a few moments before entering the busy world once more.

It may be useful to have a glass of water nearby to sip if light headedness is experienced following relaxation which may occur until experience is gained with practice.

After the practice of relaxation, the soul is ready to experience meditation. It is important that she has a simple focus to the meditation and not seek complications or distractions.

The posture required is the same as for relaxation. As the soul meditates, she begins to relax her being on many levels allowing the consciousness to relax and rise to higher levels. The soul awareness moves from the physical, emotional and mental states of awareness to the spiritual level of consciousness and beyond. Often the incarnated soul is caught in the difficulties of life and ceases to relax at that level. That is why it is so important for the soul to release burdens and attachments before beginning to meditate.

Stillness allows the release of burdens and worries facilitating the flow of life, allowing the being to relax naturally and come into harmony, balance and alignment at all levels.

Through meditation the soul gains spiritual nourishment and allows the greater flow of energy and Light into the being to assist her in daily life

Meditation allows the soul to learn about her life and herself. She can access greater understanding about the difficulties she encounters whilst incarnate. She can see with greater clarity and intuit the actions she should take in the life.

Through meditation the soul receives many benefits at all levels of awareness. The more she meditates the greater the benefits. The soul receives that which is most important to her and must not judge herself or her meditation. If after meditating, the soul is more peaceful and balanced than before, she has achieved unimaginable gifts.

Meditation enhances the ability of the soul to listen to her intuition and guidance. It is necessary for the mental chatter to dissolve; thoughts should be acknowledged and then released.

If the mind is busy with worry or mental chatter, then meditating in silence will be much more difficult. Soothing music to focus the mind away from the thoughts or to follow a guided meditation will assist the practice of meditation.

If the soul falls asleep during meditation and this is common, it indicates that there is a need for the soul to stop and relax and/or the soul is receiving healing at a much deeper level. This will occur less frequently over time as meditation practice increases.

Be at peace within yourself and seek through the stillness of meditation.

Guided meditations are widely available. When choosing a meditation, music or a site to visit, align and ask that you are directed to what will be most helpful and

useful for your soul at this time.

Bach Flower Remedies

Dr. Bach was a successful physician in London. He left his private practice to seek and find plants which would heal illness, but which would give no side effects. He found and put together a system of medicine that was both simple and effective and began to heal the soul through the emotional energy field, which influences and itself is influenced by the mind. He experienced in his medical practice that the same diseases may have different effects on different people, and it is the effects that needed addressing. He understood that the physical body simply reflected the distortion in the energy field and manifested this distortion as disease.

Any attempt therefore to correct physical disorder must recognise the causative factors which lie within the human energy field, and with the Bach system of healing, these lie in the emotional level. By correcting imbalances there, the energy is harmonized and so is the flow to the body which triggers the self-healing mechanisms of the body.

Where conflict exists within the soul it is always firstly expressed through the thoughts and feelings. The body responds in accordance with the degree of disharmony present. In some cases, this is immediate as in the stomach churning experienced when anxiety is encountered. Other symptoms may take many years or lifetimes to manifest within the physical body, by which time the results will be demonstrably more serious, for example, degenerative disease.

Bach Flower Remedies do not solve the experiences that the soul has chosen to encounter for her learning but enable her to accept the need for change and the course of action to be taken. The response that results from using this system, like all others that are employed to heal the soul and aid the life plan experiences, are subject to the willingness to be healed and accepting personal responsibility for soul growth.

Resources and further information on these amazing tools for self-healing may be found by visiting www.bachremedies.co.uk General information and the work of Dr. Bach is available at the Bach Centre. Telephone: 01491 834678

Remedy	Description
Agrimony	Hiding behind a brave face
Aspen	Apprehension for no known reason
Beech	Critical and intolerant of others
Centaury	Weak willed, exploited or imposed upon
Cerato	Doubting own judgement and seeking confirmation from others
Cherry Plum	Uncontrolled, irrational thoughts
Chestnut Bud	Refusing to learn from experience and continually repeating the same mistake
Chicory	Over possessive, clinging and over-protective especially of loved ones
Clematis	Inattentive, dreamy, absent-minded, mental escapism
Crab Apple	Self-disgust, detestation; ashamed of ailments, requiring cleansing
Elm	Overwhelmed by inadequacy and responsibility
Gentian	Despondency
Gorse	Pessimism, defeatism
Heather	Talkative, obsessed with own troubles and experiences
Holly	Hatred, envy, jealousy, suspicion
Honeysuckle	Living in the past, nostalgic, homesickness
Impatiens	Impatience, irritability
Larch	Lack of self-confidence, feels inferior, fears failure
Mimulus	Fear of known things, shyness, timidity
Mustard	Dark clouds descend, making one saddened for no

	known reason
Oak	Normally strong, courageous, but unable to struggle against illness and/or adversity
Olive	Fatigue, drained of energy
Pine	Guilt, blames self even for mistakes of others, always apologising
Red Chestnut	Obsessed by care and concern for others
Rock Rose	Suddenly alarmed, scared, panicky
Rock Water	Inflexible, arrogant
Scleranthus	Uncertainty, indecision, vacillation, fluctuating moods
Star of Bethlehem	Shock, effects of accident or serious news
Sweet Chestnut	Utter dejection, bleak outlook
Vervain	Over enthusiastic, fanatical beliefs
Vine	Usually, good leaders that have become too forceful, tyrannical
Walnut	Assists in adjustment to transition or change
Water Violet	Proud, reserved, enjoys being alone, aloof
White Chestnut	Persistent unwanted thoughts, preoccupation with some worry or episode
Wild Oat	Helps to determine the path, facilitates choice in life
Wild Rose	Resignation, apathy, stuck
Willow	Resentment, embitterment
Rescue Remedy	A combination of Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem. All purpose emergency

	composite for effects of anguish, examinations, going for appointments at the hospital etc. Comforting, calming and reassuring for distress from startling experiences.
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Crystal Healing

Crystals have been known since the dawn of time and volumes have been written about their properties and uses. There are many legends and much folklore about these gifts of the mineral kingdom. However much more is unknown about them.

The wisdom – long forgotten is now being made available to us to assist in the spiritual evolution of the soul and of mankind. Crystals are present in the material world; their use in technology is found in watches and lasers. For healing, crystals facilitate meditation, expanding the consciousness and heal the whole being of the incarnate soul. Crystals have great power, and their size or physical appearance do not affect their potency.

The key word for using crystals is respect. Again, the power of these beings of Light should not be underestimated. They carry wisdom and power for healing and positive enhancement.

If using crystals for personal use by wearing or carrying about the person, it is absolutely essential that they be cleansed regularly. This can be done in many ways. The simplest is by submerging the crystal in fresh water for three hours. Upon first acquiring a crystal it is advisable to leave it in water overnight before using. Pat them dry with a clean towel or allow to dry naturally. For crystal jewellery, after using place on a bed of larger amethyst for at least three hours and then cleanse the amethyst bed in water.

Crystals absorb negativity from all levels of the energy field. Unless the negativity is released from the crystal, they will become less potent but may also leak negative energies out, affecting the energy of the wearer or the room, causing unwelcome feelings for all affected by the uncleansed crystals. Regular cleaning of crystals and treating them with respect and love will ensure the greatest enhancement to the body of the soul and the environment she finds herself in.

Cleanse crystals immediately after wearing, carrying or if they have been used for meditation. If crystals are placed in a room to enhance the energy of the room then they should be cleansed weekly in water.

On receiving a crystal for the first time after it has been cleansed in water, align your body and energy field and then ask the Light to help you to charge and programme the crystal for its intended use.

Hold the crystal in the right hand or place in front of you and place your palms over it.

- Ask the Light to cleanse all negativity from the crystal and imagine this negative energy flowing into the earth. Then feel any negativity in your hands flow away and into the earth.
- Ask that the Light invests the crystal for _____. (purpose, eg to bring peace to the wearer, or to cleanse negativity in a room)
- Ask that the energy of the crystal be protected.
- Centre and protect yourself with dark blue light.

Crystals reflect on the physical body via molecular resonance. The crystal selected has the optimum resonance to the molecular structure of that which it is healing. The particular crystal for example a rutilated quartz for bone fractures, shows the energy form its equal in energy in a pure state of vibration, and thus facilitates healing. Individual crystals or configurations of crystals when appropriately ignited will expose the energy field of the soul, open the chakras, and allow the opportunity of release of negativity to facilitate healing.

Crystal healing is a powerful form of therapy with often rapid and significant effects on the energy field of the soul, and so requires the greatest respect, skill and aftercare. Under no circumstances is crystal healing recommended unless appropriately trained practitioners deliver it. However, self care and help using these powerful tools of Light if used with respect greatly assist the soul journey.

The rose quartz Heart of Light

These uniquely programmed rose quartz crystal hearts have been given as a gift from the Light to promote widespread peace and healing. It is a powerful healing tool and should be treated with respect.

The crystal heart is charged to hold a particular focus of energy to bring the recipient the gift of unconditional love. It will bring flow of Light and love to the life of the recipient, encouraging personal peace and healing. The Heart of Light will open the heart chakra, which is the gateway to Light and will strengthen the heart connection to the higher self.

Once held in the palm of the right hand by the recipient, the Heart of Light will ignite to their personal touch and use. If others touch the Heart of Light their energy imprint will affect the programming. If this occurs inadvertently, place the crystal in a bowl of cold water for 24 hours and then hold in the right palm for ten minutes to reignite to the original soul's energy requirements.

The Heart of Light should be cleansed each day in cold water and patted dry. If the Heart of Light is used for meditation it should be placed on the heart chakra. Following meditation, the Heart of Light should be placed in a bowl of cold water for three hours minimum.

To receive the beauty of this gift of Light it may be worn about the person in a pocket or pinned to clothing. It may also be placed under a pillow to promote peace, positivity and connection to the Higher Self during sleep. The Heart of Light may be used for personal meditation as described below.

10 – 20 minutes meditation

- Cleanse the body and energy field in preparation as described earlier in the section on meditation
- Hold the Heart of Light in the right palm and slowly breathe the rose - pink light from the crystal through the body until the body is filled with rose pink light
- Breathe with the rose - pink light and feel peace flowing through and around the body. Feel wrapped in a bubble of pink light
- Be peaceful and rest in this light
- Breathe gradually back to an awareness of physical calm
- Seal the body and energy in a bubble of dark blue light
- Flow in peace from your heart to all
- Place the Heart in water for cleansing

20 – 30 minutes meditation

- Cleanse the body and energy field in preparation for meditation as described earlier
- Be of peace
- Rest – lie on a bed and place the Heart of Light to the heart chakra (centre of the chest)

- Breathe and focus on the rose - pink light flowing from the crystal heart and feel it filling the physical heart, flowing in, through and around the physical body
- Allow the body to become filled and enveloped with the rose - pink light
- Know that the Heart of Light opens the heart chakra and promotes connection to the higher self. With the open and flowing heart, the soul is filled with the greatest peace, positivity and joy to the life.
- Feel the heart chakra healing, aligning and opening to the Light and be of peace
- After 20 -30 minutes remove the crystal from the chest
- Bathe for 30 minutes following the meditation and rest
- Place the Heart of Light in water for cleansing

The rose quartz Heart of Light is available for purchase from www.sunflowerapothecary.co.uk

Below follows a short list of common and readily available crystals and is intended as an aide memoire. For greater understanding and explanations that are important to the successful use of the crystals it is essential to study the books on the power of crystals or undertake a crystal healing course. Crystal energy may also be harnessed to assist healing with crystal gem-remedies. Remedies may be charged with one crystal – usually to heal and cleanse a chakra, or with a combination to assist in the balance of specific conditions and symptoms, such as stress and migraines. There are many courses and books available but before choosing a particular book, course or therapist, it would be good practice to meditate and ask that the correct one presents to you.

Crystal	Healing Properties
Abalone	Healer to the skeletal system
Agate – Blue Lace	Powerful meditation aid, drawing gentle strength
Amethyst	Absorbs negativity, emotional cleanser, used to cleanse other crystals
Celestite	Promotes connection to angelic realms, invokes

	angelic help and protection
Citrine	Cleanser to aura and physical body, helps with negativity that manifests as arthritis
Emerald	Assists clear vision, regenerates the physical body, healer to physical heart, balancer
Fluorite – Violet	Stone of transmutation promoting physical and auric cleansing
Haematite	Grounding to earth and aligning to earth energies, purifies the blood
Howlite	Aids attention and retention of knowledge, assists mind to seek wisdom
Jade	Abundance and generosity
Kunzite	Connects the heart to light, promotes harmony in life in partnerships, families, friends
Kyanite – Blue	Brings illumination, cleanses, aligns and balances, gives physical strength
Kyanite – Black	Connects to infinite possibilities of the soul
Labradorite	Healer to the thymus, strengthens the immune system
Lapis Lazuli	Throat healer, promotes clear seeing and enhances intuition
Malachite	Healer to the heart, calms the mind, soothes stress and emotional/mental torment
Pyrite	Healer to stubborn negative patterns, high absorber

	of electromagnetic negativity
Quartz – Rose	Bringer of peace and tranquillity, promotes healing to whole body
Quartz – Rutilated	Healer to skeletal disorders, promotes flow of healing energy
Quartz – Smoky	Absorbs negativity
Quartz – Snow	Healer to sacral chakra, flows peace and light to life
Rhodochrosite	Healer to the solar plexus, to emotional pain and holding
Ruby	Bringer of unconditional love, purifier to base chakra
Selenite	Promotes flow especially to body systems, skin, digestion, blood, energy
Turquoise	Promotes higher connection to spiritual awareness
Unakite	Assists communication and unification

Source: i) Power of crystals - Sharon McAllister ii) Sunflower Apothecary iii) Light of Hope CIC

Colour

Colour offers us many opportunities to heal and balance our energy fields. Colour surrounds our lives, whether seen or not seen, its healing potentials are great. Through the natural beauty of the rainbow we see the purest of colours visible to us at the physical level. Each colour or ray has its own unique healing qualities and energies. For those gifted to see clairvoyantly, they are open to receive a whole new spectrum of colour not seen in the visible spectrum.

Earth colours are symbolic of Mother Nature and of nurture, of omega energies. They soothe, calm, warm and assist in grounding energy, as do dark and muted colours.

Fluorescent colours may bring feelings of giddiness and nausea if used in large amounts, and may be hypnotic. They are good for drawing attention.

The further a colour is from its pure vibration, the less the healing qualities and vibrational benefits it has.

Below are some examples of colours and their healing properties. The colour vibration will resonate to a discordant or similar energy held within an energy field.

Colour	Healing Properties
Black	Protection and safety, often associated with mystery. Black may be used as a colour in which to hide behind.
Blue	Cools and calms. It is helpful in many stress related disorders, quietens hyperactivity. A colour that assists in spiritual connection. Deep blue is greatly strengthening and protective to the energy field.
Gold	This is a colour of high vibrational energy, and is associated with alpha, masculine, sun energy. It is the energy of spiritual action.
Green	Balances and harmonises. A colour that promotes growth, restores physical energy and exhaustion. Rejuvenates and grounds the energy bodies.
Indigo	A colour associated with spiritual attainment. It facilitates the heightening of inner senses, and so is useful for meditation and contemplation.
Orange	Orange is an energy that vitalises and raises the spirit. It offers warmth, reduces irritability and promotes joy.

Pink	Peace, love, compassion and unconditional love are all qualities of the heart that are associated with the colour pink. It assists with balancing the flows of giving and receiving. It veils those within its vibration with gentleness.
Purple	Strengthening and empowering. An excellent vibration for raising self-esteem and diminishing feelings of powerlessness. It aids in the mastering turbulent emotions.
Red	Strengthens, invigorates, and warms. Red is an energy of action. It assists sluggish blood flow and raising low blood pressure.
Silver	Associated with omega energy, feminine energy is enhanced. Silver assists with contemplation and reflection. A very high vibrational energy.
Turquoise	Deep inner cleansing and strengthening. It is the colour associated with the Aquarian age in which we are now living.
Violet	Violet is strongly associated with the Aquarian age. It transmutes negative energy, cleanses and detoxifies. It is extremely good for inner cleansing, releasing spent energy, facilitates forgiveness to self and to others.
Yellow	Stimulating, clarifying and uplifting. Yellow calms mental turmoil, aids study and lifts depressive thoughts.
White	Is an example of purity. It enhances and allows everything around it to increase its vibration.

Colours and chakras

There are many colours associated with chakras. The following relate to the colours of the chakras at the level of the four lower bodies. These colours change

as energy clears becoming lighter and of a higher vibration.

Chakra	Colour
Crown	Violet
Third Eye	Indigo
Throat	Blue
Heart	Green
Solar Plexus	Yellow
Sacral	Orange
Base	Red

Sound

Like colour, sound has an amazing capacity to heal and soothe our being. Music has several attributes that include, organisation, pattern and harmony. Music has patterns, and so it is possible to identify certain characteristics to that music such as volume, harmony, simplicity, complexity, repetitions, musical key, pace, movements, smooth, joyful, sad, to name just a few.

These characteristics of the music affect the energy field in different ways. At its most harmonious and greatest clarity, played with positive intent music is deeply healing. Words are empowered by music especially when they complement and harmonise with each other.

Music is known to affect memory triggering memories that are both positive and negative. These patterns move from the spiritual band of energy to the physical. Music bringing memories of childhood experiences or of past lives, or relating to previous spiritual experiences may be extremely profound. If the energy field is understood the effect of music on the memory can be strengthening and healing. Through music past lives of strength and positive attainment may be accessed and

heal the current life experience. Conversely, if music stirs up unpleasant memories or sensations, these may also be addressed through a healing programme.

Music for meditation should be smooth, harmonious and simple. It should not ignite mental processes or have a catchy tune that the mind will focus to. Music with spiritual connections such as Tibetan or Gregorian chants may be pleasant or not, depending on the memories that they ignite.

Much research has been carried out on the effects of music to calm distressed children and to improve their ability to learn and absorb information. The music of Mozart has the greatest effect, as is known as the Mozart Phenomenon.

Music that lacks harmony, is noisy for sustained period of time, will affect the energy field in a damaging manner, usually cutting and shredding the field. For example, base music will energise the energy field, but sustained exposure of this to a child, whose energy field is vulnerable and immature will be damaged. Conversely, spiritual music played to assist in meditation practice, if played continuously will cause the energy field to disassociate from the physical energies and so the person hearing this will not be grounded.

Instruments and chakras

As with colours, many instruments will resonate to a particular chakra, but again the list below is given to specifically heal the chakra and its energetic patterns within the four bodies of energy discussed earlier in this book. If there is a discomfort associated with a particular instrument, may indicate a block to the associated chakra.

Chakra	Instrument
Crown	Guitar
Third Eye	Xylophone
Throat	Flute
Heart	Violin
Solar Plexus	Cello

Sacral	Saxophone
Base	Trumpet

Singing and toning

Singing is a physical process which involves the exercise, control and integration of the vocal anatomy – lungs, diaphragm and larynx. Toning comes from the whole being to create a purity and depth of vibration that affects the energy field. As with music, both are extremely healing when used with energy field awareness.

Singing will heal the energy field, especially the energy surrounding the throat and solar plexus chakras. Many fear singing due to past experiences, and as such should be encouraged to sing in a safe environment with no judgement. Singing together will greatly enhance the healing potentials and experiences. As with music, the content of the words, the intent with which they are sung will greatly affect the energy field positively or may damage, cut and shred the energy.

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OM' or 'AUM'

The AUM is a powerful tone. The greater the purity, the greater the effect on the energy field. To tone within a group will quickly accelerate the group energy and create higher states of awareness, which for some will be reminders of their spirituality and for others discomfort.

The AUM is a reminder of our true home. It is an expression of the vibration of earth and of life itself. It may be empowering, depending on understanding, attainment and energy. For others the tone will trigger avoidance, discomfort or possibly fear.

Colour and sound may be used to purify the chakra system, aid relaxation, life and empower. They release emotions, trigger memories, and balance the energy field. Using the knowledge of the effects of these healing vibrations may also be extended to heal, balance and improve the energy of the workplace or residence.

Body Therapies

Reflexology of the foot and body massage

Reflexology and body massage harmonise and balance the body at the physical level but also works on the subtle energy field. It is impossible to work on the feet or the body without affecting the electromagnetic field.

When a point is stimulated on the foot or body through massage, a nerve impulse is carried via the nervous system to the brain and to the autonomic nervous system, so a sensation of touch is experienced and an autonomic reflex to the touch occurs. Activation of the parasympathetic nervous system releases endorphins, which affect the well 'feeling' and being of person. When the massage is rhythmic, and the pressure of touch is determined by the patient, not too light to cause a tickling sensation; not too strong to cause discomfort, the patient begins to relax physically. Patients responses to massage vary, and where there is an awareness to subtle energy changes, the response will not only be one of conscious relaxation and peace, but also of the effects of the stimulus travelling through the energetic bodies of the patient. Simultaneous stimulation to the meridians carries the impulses of touch through the auric field and gently releases blocks any negativity held within it.

Certain blocks to the energy field which become manifest in the physical body may be targeted in the massage received. The organs of the body are reflected in the foot. The body maps of organs are also reflected within other parts of the body such as the hands, ears and eyes; all are microcosms of the body macrocosm, so a targeted approach may be employed.

Not only will body therapies be soothing to the patient and cleansing to patterns held within the body and energy field; employed as part of a healing programme the combination of medicine and holistic healing will enhance the medical interventions, releasing the effects of drugs on the body and energy field, but also stimulate cellular growth and repair so that health is regained in a shorter span of time.

Physiological effects of massage on body systems include stimulating and improving, regenerative and relaxing, cleansing and eliminatory, balancing and improving the overall functions of the body and the systems of the body.

Psychological benefits include mental relaxation, decreasing anxiety, stilling mental chatter, enhancing mental alertness, concentration, thinking and creativity.

Spiritual benefits include increased confidence and well being, enhanced self image and worth, enhances sense of connection with self, and increases awareness of the body/mind/spirit connection to help reduce or remove emotional blocks.

All body therapies are enhanced by using aromatherapeutic oils, many of which promote peace and relaxation, but also many of the molecules of the aromatic oils are considered analgesic, antiseptic, antimicrobial, anti-inflammatory, stimulating and have many more properties. Using an appropriate blend of oils to work synergistically, or just the simple use of one with a massage will also enhance the healing administered. Many aromatic oils also work on the energy bodies, promoting emotional, psychological and spiritual changes in the journey to wholeness and health.

As with the other healing and self-healing modalities it is important to receive the correct one. When visiting a therapist, research their experience, meditate on which aromatic oil to use, asking that the correct person or oil presents to you. When purchasing oils, they are of greater energetic beauty if they are sourced organically, the extraction process is respectful to their energy. Always cleanse and realign any product you receive which is to be used to enhance physical and energetic health.

Below is a short list of common aromatic oils which are safe, easily obtainable and may be used to promote self-healing. Care must be taken when ministering to children and babies and taking note of any precautions associated with any particular oil, as indicated below. It is imperative to seek professional advice before treating babies and children, as their energies are very sensitive to the volatile aromatic substances. The list is an aide memoire and is not a substitute for a greater depth of understanding of aromatic oils and their healing properties. There are many books and resources and courses available to deepen understanding of these aromatic essential oils and their healing properties.

Essential Oil	Physical Benefits	Emotional Benefits	Spiritual Benefits
Benzoin	Warming and soothing. Allows	Soothing, stimulating and	A healer to the base chakra.

	things to flow within the body, clearing mucous, stimulating circulation, expelling gas, aiding flow of urine.	warming to the emotions. Very comforting and gently grounding. Excellent for any emotional upheaval. Useful for those who are neglected emotionally. Nurturing to self and allow us to nurture others.	Dispels anger. Helps focus the mind for meditation, contemplation and prayer. NB: Benzoin is a safe oil and generally considered to be non-irritant, although some may find they are sensitive to the oil.
Bergamot NB: Bergamot is HIGHLY PHOTOTOXIC. Use very small amounts and do not expose skin to sunlight or UV light for 12 hours post application.	Antiseptic, carminative, diuretic, rubefacient, appetite regulator. Adaptogen.	Antidepressant, soothing anger, irritability and frustration. Helps restore confidence, evoking joy and warming the heart. Helps the release of stored feelings and redirects nervous energy from addictive or unproductive behaviours.	Heals the heart chakra opening the centre to joy. Facilitates letting go
Black Pepper NB: Possibly irritant in high concentrations	Analgesic, antispasmodic, antitoxic, digestive, rubefacient, stimulant.	Warming and comforting. Stimulates mental faculties. Gives a 'kick' to	Helps energy to move on when stuck. For daydreamers and those who

due to rubefacient properties and sensitive skin. May over stimulate the kidneys. NOT to be used with homeopathic remedies.	Stimulates kidney and spleen functions.	stagnant energy. Good for those who feel extremely cold physically as well as emotionally.	often fall asleep during meditation. Moves blocks between chakras especially the solar plexus and heart.
Chamomile (Roman)	Analgesic, anti-inflammatory, antineuralgic, antispasmodic, digestive, emmenagogue, febrifuge, sedative.	Antidepressant, calming, soothing. Good for moodiness, short temper, insomnia. Calming for hyperactive, workaholic, hypnotic.	Healer to the throat chakra, helps communication and truth to be expressed without anger or bitterness. Expresses highest spiritual truth. Heals solar plexus easing ego desire. Calms overactivity in all chakras and heals aura where anger resides. NB: Emmenagogue.
Chamomile (German)	Many properties overlap with Roman Chamomile however, it has greater anti-inflammatory activity		

	due to greater proportion of azulene.		
Frankincense NB: Emmenagogue.	Anti catarrhal, astringent, immune stimulant, expectorant, tonic, emmenagogue.	Antidepressant, sedative. Useful for prolonged grief. Helps in breaking addictions.	Encourages a meditative state of mind, opening the third eye. Invokes transcendental awareness. Assists in letting go of old ties and moving forward in a positive manner.
Geranium	Antibacterial, astringent, diuretic stimulates adrenal cortex, liver and kidney tonic.	Antidepressant, balancing, adaptogen, uplifting inspiring positivity, sensual and liberating.	Reconnects to ability to feel, encouraging intimate connection and receiving.
Ginger	Analgesic, antispasmodic, aperitif, carminative, cephalic, expectorant, laxative, rubefacient. Helpful for arthritic and back pain, beneficial for circulation and digestive flow.	Warming, drying and stimulating. Cephalic properties clear the mind and aid concentration. Lifts and boosts energy when morale is low. Activates will power,	Restores the inner vital fire. NB: Irritant in high concentration and slightly phototoxic.

		stimulates initiative and restores determination.	
Jasmine NB: NOT to be used in pregnancy except at time of birth. Use small amounts as powerful in effect and aroma.	Parturient, sedative, uterine, hormonal balancer, galactagogue.	Antidepressant, affects emotions. Is very sensual, releasing inhibitions, developing playfulness. Warming and stimulating, inspiring action and dispelling lethargy. Good for post-natal anxiety. Boosts the confidence.	Helps unify opposites. Heightens spiritual awareness, diminishes fear. Draws angelic consciousness.
Juniper Berry	Antirheumatic, antiseptic, antitoxic, detoxifying, emmenagogue, diuretic, nervine, rubefacient.	Cleanses feelings of being unclean, cleanses emotional debris.	Auric cleanser. NB: Do not use in pregnancy and with kidney disease as possibly nephrotoxic.
Lavender NB: Avoid in pregnancy – emmenagogue.	Analgesic, antiseptic cicatrising, sedative, nervine, emmenagogue, anti-inflammatory.	Antidepressant, soothing, balancing, calming, sedative. Adaptogen.	Strong action to balance the solar plexus chakra. Aligns all chakras, very cleansing.
Lemon	Antimicrobial, antirheumatic,	Refreshing, uplifting,	Inspires positivity, trust

NB: Moderately phototoxic, possible skin irritant.	antiscorbutic, antiseptic, antispasmodic, astringent, bactericidal. Diuretic, hypotensive, detoxifying, stimulates cell immunity. Useful for arthritis, rheumatism.	clearing. Aids decision making, lifts the spirit, helps concentration.	and encourages zest for life.
Myrrh	Antibacterial, anti-catarrhal, anti-infectious, anti-inflammatory, antimicrobial, astringent, antiviral, carminative, emmenagogue, expectorant, sedative, fungicidal, uterine, hypocholesterolaemia.	Antidepressant, calms and grounds the emotions. Instils tranquillity to the mind. Helps those stuck emotionally to move forward. Heals wounds of loss and rejection, allows the soothing power of solitude.	Affinity with base chakra. Unites and strengthens the link between the crown and base energies. Assists those stuck on spiritual path to move forwards. NB: Emmenagogue.
Neroli	Sedative, tonic, carminative, cicatrisant.	Antidepressant, calming effect on the nervous system, helps insomnia caused by depression. Anxiolytic. Helpful for PMT, menopausal disorders and post-natal depression.	Unites the conscious and subconscious aspects of personality. Facilitates all spiritual work, bringing body and soul into union.

		Treatment of shock. Helps release deep help repressed emotions.	
Patchouli	Antitoxic, astringent, fungicidal, nervine, stimulant.	Antidepressant, grounding and stabilising, calms the mind and uplifts the emotions. Awakens the senses and creative expression. Helps feelings of insecurity and apprehension.	Healer to base and sacral chakras. Grounds energy in those who feel detached from physical body, integrates the energy.
Peppermint NB: Emmenagogue, not for children under 2 yrs. Avoid with epilepsy and heart disease. NOT with homeopathic remedies or at night-time.	Analgesic, anaesthetic, antifungal, anti-infectious, anti-inflammatory, antispasmodic, antiviral, cephalic, emmenagogue, expectorant, vasoconstrictor.	Uplifts the emotions, clears and awakens the mind, good for mental fatigue. Aids concentration and facilitates assimilation of new ideas. Aids emotional tolerance.	Dispels pride and helps overcome feelings of inferiority which hinder spiritual growth. Associated with cleanliness helping to lead ethical lives. Helps those in need of inspiration and insight, facilitates the digestion of ideas. Enhances

			spiritual and mental receptivity.
Pine NB: Possibly sensitising, use in low dilutions.	Antiseptic, expectorant, decongestant, rubefacient.	Helps mental fatigue. Cleansing and invigorating, promotes sense of wellbeing. Opens the chest emotionally as well as physically. Instils positivity and restores self-confidence.	Restores self-identity and boundaries, helps ability to process experiences separating self from others. Energy body cleanser and protector to the energy field.
Rose NB: Emmenagogue.	Cicatrisant, emmenagogue. Benefits disorders of reproductive systems.	Heals and fortifies the heart. Antidepressant, good for post-natal depression. Helps with anorexia. Allows feminine energy to surface. Soothes anger, fear and anxiety. Comforting for grief, heartache and emotional loss. Strengthens and reassures.	Healer to the heart chakra. Encourages trust, self-acceptance and unconditional love.
Sandalwood	Antifungal, antiseptic,	Antidepressant,	Quietens the

	calmative, diuretic, expectorant, lymph decongestant, sedative.	calming, grounding. Stills mental chatter, good for overactive minds. Encourages smooth communication, self-expression and connection with others.	conscious mind and assists meditation. Healer to base and crown chakras, linking the two. Also heals the heart, sacral and throat. Brings peace and acceptance.
Sweet Orange NB: Bitter orange is phototoxic. Sweet orange is not.	Anti-inflammatory, antiseptic, bactericidal, cholagogue, digestive, stimulant.	Antidepressant, warming and stimulating. Inspires positivity and joy, cheerful and sensuous dispensing moodiness and irritability. Aids relaxation and allows life to be taken less seriously. Awakens creativity.	Healer to the sacral energy, nourishes the soul, feeding it with joy.
Tea tree	Antimicrobial, antiseptic, antiviral, bactericidal, expectorant, fungicidal, immune stimulant.	Promotes positive outlook, helps in dispelling feelings of victimisation and doom.	Cleansing and uplifting.
Vetivert	Calmative, sedative,	Antidepressant,	Auric protector,

	immune tonic	calming, nurturing, grounding and stabilising. Protects against over sensitivity. Helps burnout and exhaustion, soothes irritability, nervous agitation, anger	deepens and encourages connection with earth energies. Closes the gap between matter and spirit. Healer to the solar plexus
Ylang-ylang NB: Scent may be overpowering and cause headaches or nausea. Use in moderation.	Hypotensive, sedative, nervine, tonic	Antidepressant, very relaxing, calming yet uplifting. Good for shock, panic attacks, anxiety and fear. Helps frustration, anger and jealousy. Unblocks subconscious fears	Healer to the sacral chakra, encouraging joy and creativity.

Soul Recall

The soul embarks on a temporary physical journey as she incarnates into a physical life. The soul dons the energetic coats of energy into which are woven strengths of past incarnations and experiences; connections that are inspiring and nurturing. Into the energy bands are also woven the life plan, with its potential achievements and the weaknesses, the soul has agreed to transmute in the current incarnation. The life plan with its energies of strengths and weaknesses to be balanced are present in each cell of the physical body, ready to be triggered and awakened by experiences and unconscious memory when a chance soul meeting that has been preordained is encountered. Hence, the body remembers

through cellular memory. A soul evolving through time and space and has a conscious awareness of her identity, will meet other souls along her path who will help her to access the soul memory, to facilitate further growth and evolution. The gift that recalling the soul's experiences is that it gives direct understanding to a situation in which the incarnated soul may find herself, make sense of the difficulties she is encountering and may, if in the soul plan, allow the soul to access her future potential in the current life and show which steps need to be taken to achieve this potential.

With the guidance of a trained therapist, the soul can access the relevant soul memory to enhance the life plan. The guide for this is the soul herself, taking her to the library of the souls lives and experiences. Without the protection of the soul, the seeker may access and wander through other levels of energy which may be fascinating but may not assist soul growth and may even cause further damage to the energy field, which will in turn and time affect the physical body. Therefore, soul recall should be part of a healing programme and not a one - off treatment.

As physical beings experience through the bodily senses, and since energy levels above the physical hold both positive and negative vibrations, the soul will inevitably walk - through shadows and darkness as well as Light, and unless there is a guide to help steer the experience, the soul may return from the experience of soul recall with a negative energy attached to the energy field, instead of releasing and transmuting the energy. It is important to seek the help of a physical therapist and guide as well as a spiritual one.

It is relatively easy to access altered states of awareness by directing the brain with instructions to which the brain will respond accordingly. The soul memory is hidden for a reason, and that is because the incarnated soul has not been willing or able to confront it. With the guidance of a therapist and the soul herself driving the experience, memory may be accessed, understood and integrated into the current life in a positive way. Soul recall gives soul level understanding and if the seeking soul is not prepared to look at the causes of their illness and take responsibility for her actions, soul recall should not be undertaken.

For the above reasons it is important that the therapy is carried out by a trained therapist and as part of a healing programme, because the evolving soul seeking understanding about current life situations and illnesses will need to be prepared to confront her own shadow self.

A synopsis of a soul recall:

The soul dressed as the king, the soldier, the teacher, the sage, the poor man and the many more opportunities for the learning of a particular task. To master that task, walking and flowing from the heart, the soul set out on a journey to bring peace and lightness to the self and to others. In many kingdoms, the soul travelled through her many lives. In many houses, palaces, and under the stars she slept as she continued to strive to the mountain of pure crystal for the waters to be found there, so she may drink the purity of these waters and refresh herself and others, through her knowledge and understanding of the source of these waters. Yet, she did not reach this mountain or its waters. The walk to the mountain was always difficult. Experiences affected her, which hurt and led her away from this path. Many times, the mountain was in sight, but she would deviate from her journey repeatedly. Sometimes she took a little deviation of short duration, other times she took greater and longer journeys. The journey the soul opted to take was to her heart. Every decision the soul made that affected her journey to her heart, mirrored in the physical body that the soul was wearing. The blood, which nourished her physical body, began to experience disturbed and turbulent flow through its network of blood vessels, and so the physical replenishment and nourishment were impeded by the formations of plaques and aneurysms, which formed because of the soul's deviant journey.

The above are an introduction to self-help techniques and tools, as used by me during the course of my work.

Part 4 – Alchemy in Practice

The following are shortened case histories, anecdotes and experiences that I encountered in my personal practise in both the General Practice and holistic clinical settings. Many patients have given their consent to use their experiences to advance the spiritual dimension of holistic health. Some of these souls have since passed to lighter realms. To protect the identities of the few patients that I have not been able to receive permission to use their stories, I have changed all names, some sex and ages of the patients, where these would not interfere with the message, to maintain anonymity.

Before reading the case studies and anecdotes, it is respectfully suggested that the reader aligns their energy. This is because some of these stories ignite an energy pattern within the energy field which may begin to surface in preparation for release and healing.

Reading the text may be sufficient for this alchemical change to occur, or the release may be experienced with physical, emotional, mental or spiritual disquiet. If this does occur, a further alignment of personal energy, taking a bath or using Rescue Remedy (if available) will ease the discomfort. If the surfacing pattern is deep, then it would be advisable to seek a therapist to aid the healing that is occurring.

For alignment technique see section 3 – Self Help.

Steven

Steven was a patient who registered with the medical practice after being expelled from the list of his previous doctor's list – several times. He had also moved from his previous council home in the opposite side of the city, having been rehoused in the catchment area of the practice.

Steven came into the surgery looking aggressive and defensive. I initiated the consultation, and he spoke of his many social problems, and of his feelings. After listening, I offered some advice on how to manage some of his problems and feelings, especially the anger he was experiencing. As Steven rose to leave the surgery, he thanked me for not offering him antidepressants that he was often

prescribed for his social behaviours and issues. During his time as a patient in the practice, he was never aggressive to the staff, receptionists, or to the doctors, although most of his consultations were with me. His life and social difficulties changed but were no less challenging. He met and married a lady who lived in the same housing estate. He left the practice to move to another area within the city. Bidding me farewell, he said it was unusual to leave of his own accord instead of being expelled from the patient list.

Sometime later, he reregistered once more as a patient and came to see me. A little older, having gained some wisdom in certain areas of his life, Steven appeared calmer in general, but he still managed to attract calamity. He brought with him a magazine in which an article was written about him and his sister-in-law. He had left his wife for her twin sister, and the article was about this. He admitted that he had been giddy about the financial remuneration from the article. He had not, however considered the consequences of his story being published. Using some of the tools he had been given in his previous tenure as a patient, he had reflected on the situation, took responsibility for his actions, and his behaviour was more measured and not reactive in this situation but also in his life generally.

Steven was treated as a troubled soul, with no judgment, and he absolutely responded to the respect given to his soul, which had a big effect on his physical life and soul journey.

Elizabeth

Elizabeth was a delightful lady in her late 70's when I met her. She was married with no children. She and her husband were enjoying the winter of their lives, enjoying some activities together and other times were spent enjoying individual interests. Both were struggling with failing health. Elizabeth always came to the surgery very well dressed, and although her clothes were clearly not new, I would often comment on the coat, or skirt that she may be wearing. After some time, she confided that most of her clothes were bought from charity shops. This opened a whole new dimension to our relationship, and I began to learn of the past life events that shaped her current life.

Elizabeth was born into a Christian family, and practised her religious disciplines, until experiences and events around her religion led her to seek spirituality elsewhere. She now practised Buddhism, but still did not feel complete, often

abandoned and lonely. She was desperately searching for a spiritual home and discipline. The subject of angels and their help came up during one consultation. We discussed that feathers were often left by angels as their calling cards, and that angels always wished to and would help if their actions were for the good of the incarnate soul. However, their help had to be requested. Elizabeth was open to accepting this as it tied in with many of the spiritual practises that she had searched around but had never been given practical advice on how to receive this angelic assistance. She knew angelic consciousness was present, but that is all she knew.

Some weeks later, she presented to the surgery, again looking handsome wearing a new overcoat which had cost her £1.00. Still smiling from my compliment about her coat, she told me that she had lost her spectacles and had looked everywhere for them. Finally, she asked for angelic help. The following morning, she automatically looked into her spectacle case, and there were her lost spectacles as well as a white feather. Since that episode, she called on angelic help many times, did not always receive the calling card, but always the help she needed. She began her relationship with angelic consciousness and her healing of the religious relationships of her earlier life.

Linda

Linda was a soul searching for something she had not yet found. She would flirt with many spiritual practices, with many practitioners, with many modalities of complimentary therapy. She worked in the social services department of the local council, enjoyed her occupation especially when interacting with clients, but could not deal with the office environment. She presented with back pain and carried much tension in her shoulders. After some time, Linda admitted the biggest difficulty she had was anger that she carried against her family. It took many years for her to deal with and understand her anger. She began considering her family and their reactions to situations without looking through the windows of her emotions and resolutions slowly started to occur. She initially underwent a programme of symptom management before she was able to look at herself and the anger she carried. Her journey was long, as she like many, as soon as there was some symptom relief, she thought the work was complete, as the increments of positive energy would sustain her for some time. Also, when she was confronted with difficult personal issues she would cease attending the clinic, until such time when her physical symptoms would resurface. Her journey was cyclical and arduous, but it did have a positive outcome.

Rose Quartz and Water

My consulting room was clinical but softened with pieces of rose quartz crystal or a vase of flowers. It was a shared surgery with my job-sharing partner, so could not fully display my tastes. A rose quartz crystal was placed on the table, and not just for decorative purposes but to enhance the energy of the clinical setting. It was often a talking point to initiate holistic approaches to health care, if appropriate. Crystals were just beginning to announce themselves more loudly in the holistic medicine arena.

I would often prescribe a patient a rose quartz crystal to carry, wear and care for as a healing tool. I would also ask patients to bathe, take time to reflect and relax. Most patients found this request odd, as many would shower for ease and speed. (Water meters were not widely used at that time). Some patients could not bathe due to physical debility, and we would discuss other ways of using water to assist both physical and nonphysical dis-eases.

One tradesman in his 40's brought me a rose quartz crystal he had purchased on my recommendation to programme for his holistic wellbeing. It was a beautiful piece, but quite large and heavy. I apologised for not explaining clearly that he would need to carry the stone about his person. He said that he had understood but saw this piece and he wished for it. He also said that just the act of bathing after work was so helpful that the change it made in him was noted by his family. So, the crystal was programmed, and a follow up appointment was made. At the next consultation, he had told his co-workers during their breaks that he was carrying a rose quartz crystal and bathing. Some of his colleagues, who had noticed a change in him, took to bathing and carrying a rose quartz stone. I then had to instruct him so he could tell his colleagues how to cleanse, care for and ignite the crystals for their personal use.

I initially found it quite strange that men would take to bathing so readily. I fully accept that until personal health care becomes a priority, and in traditional gender roles, many women would find difficulty in taking the time for a bath rather than shower due their immensely busy daily schedules. I also found that men, generally, were quite open to discuss crystals and their uses than women.

Pyrite

A discretely placed crystal by the computer was occasionally featured in medical consultations. This was at a time when flat screens were just being introduced, and I was acutely aware of the emissions coming from the screen. My partners in the practice were tolerant of me, although I had no idea what they thought privately of my holistic approaches to medicine in the allopathic world of General Practice. However, one partner, the biggest sceptic, had just received his new flat screen computer. My surgery was occupied so I was to use his room for my clinic. I brought my pyrite crystal, programmed to absorb negative electromagnetic emissions from the computer with me. While my partner was still sitting at the table I placed the crystal by the pyrite crystal by the computer. The change in energy was so great, that he felt it. I do not believe that this changed his attitude to complementary medicine; he was an extremely gifted, competent empathetic clinician. My joy was that he experienced the power of the crystal and did not deny it.

Martin

Martin, a tradesman in his early 40's came to see me at the beginning of summer one year. A partner within the practice had referred him to me to see if I could help with his health anxiety and anger issues. Following the initial consultation, he agreed to six weeks relaxation and meditation practice. Both he and I had holidays booked in the summertime, so we decided to begin the six weeks practice in the early autumn. I did not expect him to return. He had much anxiety about his health and had been seen by almost every department in the local hospital, been investigated for all manner of pathologies, especially cancer. All investigations were negative to physical ill health.

The first session we decided would just be a body scan relaxation, so that he would be more relaxed with the deeper effects of meditative practice. I believe I asked him to take a few deep breaths to settle himself before we began the exercise itself. After the deep breaths, his head fell forwards, neck flexed. It took about 20 minutes of work from me for him to regain conscious awareness and an upright posture. My expectations for his return were low. However, the following week, he returned. He said that he felt terrific, not angry at all. Everyone noticed the difference in him, but his partner of long standing, wanted her old Martin back. This calm man left her feeling on edge and anxious!

For the second session I decided to ask him to lie on the couch to begin the relaxation. Again, he relaxed so deeply he was not consciously aware of his

surroundings but was aware of his body and received many images in his mind's eye. He began to move his fingers and hands as if playing a piano – we had not even begun the body scan, still at the deep breath stage! His return to full conscious awareness was much easier this time. We discussed his experience, and when asked me direct questions about this, I gave the honest answer as to my understanding of what he had experienced. I believe that he tripped into a past life memory (probably a positive memory) of him as a pianist.

Martin continued to return, and his anxiety and anger diminished greatly. During these sessions, his third eye chakra began to cleanse and open more fully. He began to see auras around objects and people. After the initial excitement of these experiences, he realised this was a gift and that he would have to greatly change his life and habits if he wanted to enhance this gift and pursue a life of helping others. After much conflict and deliberation, he decided he was so happy with his physical life. The gift began to diminish. The choice that he made was painful for him, but he chose to live without anxiety, anger and with some peace. He was perfectly aware that he did not know what his life would have become if he was to embrace a new way of living.

The moral here, and learning for me, was that any practitioner has to facilitate choice, respect choice and most certainly not dictate it.

Teresa

Teresa, a single mother in her early 30's had a history of headaches since childhood. These would be present daily with no respite for months. There would then be a short time when she would be headache free, and they would then begin once more. She recalled this cycle of pain began in early adolescence. This pattern of presentation was often referred to as cluster headaches. The headaches had elements of tension headaches in their presentation, could not be described as migraines, although occasionally Teresa would experience nausea. She had been prescribed many medications, including in her youth, some that were potentially addictive. None had helped other than manage the pain, which could be extremely debilitating, and none were preventative.

I had read an article about Feverfew for migraines and told Teresa about this. I also said that her headaches were not typically migraines and that I had no experience of this remedy. She decided to purchase some Feverfew from a health food store. She returned to the surgery some three months later, saying that she

had been taking Feverfew daily since she last saw me. She disclosed that she was still experiencing headaches but realised a few weeks earlier that the severity of the headaches and the frequency and longevity were much lessened. Teresa decided to take the herb for a further three months. Presenting at the end of this cycle of 'treatment' Teresa declared she was almost headache free.

Over a year later, Teresa presented to the surgery. She had stopped taking the Feverfew, and while she still experienced headaches, she could usually offer a cause for them, they were not severe and did not return daily, as they did prior to taking the herb.

Tracy

Tracy, a single woman in her 20's, working as a career, living with her mother and wishing for a married life with children. She felt sad and lost. She had experienced loss in relationships and miscarriages. There were tensions within the family, as her married siblings expected her to mind their mother full time because she lived with her. Although she had a great love and affection toward her mother, there was also anger present at the situation she found herself in.

We began a programme of healing to help with the loss she had experienced an acceptance of her current life situation, so if she chose a different path she would do so having processed and healed the feelings, she was having with the current life situation. We did this using reflexology. There were several backward steps in her journey, but generally a positive move forward which was fairly rapid. Tracy enjoyed the practice of meditation, and she soon began having images during meditation and remembering vivid dreams, which often reflected her life situation. After several months of treatment, she expressed an interest in learning some aspects of holistic healing that she may integrate into her work environment. This was difficult as it was not accepted by her colleagues and superiors, but she did as she was able.

Eventually, she underwent therapist training, resigned her job and became a holistic therapist.

Rose Quartz Orb

A rose quartz orb was placed into the office area of the shared medical building. The office was used by two separate practices. One practice was quite amicable, the reception staff rarely squabbled, and was quite harmonious. The doctors would spend time with staff during lunch, occasionally the noise would be too loud and the collective personnel boisterous, upsetting the work of the other practice. The second practice was not quite so overtly friendly, the staff would often be upset with one another and the doctors often publicly reprimanded their staff. This was not pleasant for the staff at the receiving end of the reprimand, or for the first practice to witness.

The rose quartz orb was to deliver a greater peace and harmony to the practice in which it was placed. After one week the first, harmonious practice was not so peaceful and the staff began bickering among themselves. This became increasingly worse, the practice nurse threatened to resign. The only thing that could have caused this was the placement of the orb in the office. To promote peace and harmony the rose quartz orb was indeed working very hard and showing that disharmony that was held within the staff that need to surface and be released before true peace could exist. When the less than happy energy surfaced, to remove the orb immediately would have caused a great energy disturbance to add to the energies that were present within the office. The orb was removed for a few days, brought back, and at the same time programmed to slowly recede of its powerful energy, until eventually it was removed completely. The superficial peace was restored, the nurse stayed with the practice. The orb showed to all what lay beneath the surface of the happy practice, and if chosen these feelings and energies could be healed.

This is not to fear a rose quartz crystal placed in any environment to promote peace and harmony. The orb is a Master crystal and as such, the power it yields is of a much greater intensity than a piece of rose quartz of a comparable size.

Smokey Quartz

A woman in her late 30's presented with ringworm on the abdomen, just lateral to the

umbilicus on the right side of her body. She had an interest in complementary medicine and had tried many treatments and modalities to remove the fungal infection including aromatherapy oils as she sought the root cause of the infection. When she presented, the ring was elliptical and about 5cm at its widest. A smokey

quartz point was placed to the centre of the ring and spiralled out. She said she was able to feel something being pulled out of her, within two days the lesion had completely vanished.

She had done sufficient work in seeking and resolving some of the root cause of this infection, that the smokey quartz was able to fully heal the difficult energy that had caused it.

Betty

Betty presented in her mid-50's with exhaustion and feeling 'burnt out'. She was previously, a strong woman, with many responsibilities both at home and at work. Her inner strength carried her through, until there was no reserve of strength remaining. We discussed some management strategies, and with some leave from work, she recovered with a reserve of positive energy within. She returned to her previous hectic, hands-on schedule.

She presented to the clinic again in her 60's and this time had a depressive illness to add to her exhaustion. She had begun to turn to alcohol as a means of escape, relaxation and sleep aid. Betty understood what she was doing. This time, Betty embarked on a holistic healing programme to enhance her energy, and to seek why this happened again.

Her wish was always to help others and would do this by taking control of other people's lives and problems, often unable to see their side of a story or viewpoint, because it did not align with hers. That was a very difficult first step for her to walk.

Secondly, we began to address the past lives that had been lived, and while she may be a good person now, it was difficult for her to accept that this was not always the case, even with the gifts of soul recall. This journey was of a long duration, because of the unwillingness to accept that not all previous lives lived were lived purely and beautifully. It was difficult for her to see and acknowledge the parallels of past incarnations with the current life. Eventually, acceptance came.

Betty now embarked on a healing programme to address the addiction to alcohol. After several years and therapists, the work was still not complete. She returned to me and we embarked on the addiction healing programme and completed it.

She would drink socially, occasionally to excess. I do not believe that this aspect of her energy make up is healed, but it is certainly controlled.

Having retired, the pressures of work had been removed, but her family and social life still demanded much of her. Her greatest difficulty is still reconciling her emotions with her altruistic constructs. Anyone with social problems, she would see as a victim, not a person with autonomy, and that this autonomy could be used to help them. As she proceeds in life, I truly hope that this energy continues to become more refined, and that she does not revert back to helping others by taking control.

Freda

Freda, in her mid 50's attended the clinic. She had been retired from work on medical grounds because of a left elbow problem, which prohibited her from carrying any weight, and caused her a great deal of pain. She had received much allopathic treatment, but none had been successful. We embarked on a crystal healing and reflexology programme to ease the pain and release the dense energy around the elbow. After about 12 months treatment she had regained almost full strength and experienced only intermittent pain.

She was quite a jovial character, but beneath this there was an extremely intolerant and stubborn woman with poor coping skills to any adversity that life may bring. She dealt with these aspects of her makeup by drinking, and although she would not, for at least 10 years, admit she had a dependency on alcohol. She experienced many physical symptoms secondary to alcohol but was still in denial and did not disclose these to her General Practitioner. She had been a client for over 10 years, attending for maintenance for the elbow, but she did not wish to embark on addressing other issues. This is because, in her own way, she was very respectful of the healing process and would not consider crystal healing as it would impact on her ability to partake of alcohol that day.

Felicity

When Felicity presented, she was in her early 40's, full of anger, morbid grief, anxiety and an emotional immaturity. The journey of releasing anger, grief, learning to release anxiety and grow into adulthood was a long and difficult journey, and I was often the target for her emotional outbursts. Layers upon

layers of emotional pain were released with crystal healing, reflexology and soul recall. This woman also used alcohol to excess as a way to numb her feelings and pain. She acknowledged this, and while she still continues to drink, she does so with awareness and for enjoyment, and not to dampen pain.

With the passage of time, she grew emotionally and reached a level of healing where she could begin training to be a holistic therapist.

Michelle

Michelle presented in her late 50's, married with no children, but a love of animals. She had trained as a reflexologist and had a successful practice, as well as running a retail outlet, before relocating to be nearer her elderly mother and aunt. She joined a Reiki group and was learning this discipline. She worked in an office which she said had a very toxic atmosphere.

Michelle presented with restless legs. She said she mourned the loss of her father, and had a difficult relationship with her mother, who at the time of Michelle's presentation to the clinic, was living in a nursing home because she suffered dementia. Michelle also suffered from seasonally affective disorder, lower back pain, both of which were treated with medication. She would also receive injections to alleviate the back pain when the painkillers prescribed could not control the pain.

Michelle was like many people, looking after everyone, but not looking after herself, because, of course, most of her difficulties were the fault of everyone else. We embarked on a programme of healing to address the grief surrounding the death of her father and to repair the pain of her relationship with her mother. This took quite some time, and often at pivotal moments in the healing she would have exacerbations of increased restlessness of her legs, which had over the period of time began to improve. Because of her past history with holistic healing, Michelle embraced the programme, although she felt there were as many retrograde steps as antegrade ones. She also had to defend her healing as her husband and cousins would ask why she was not improved. With time, Michelle resolved her pain surrounding her parents, and when her mother died, she was at peace with and in their relationship. Michelle had improved so much that after three years she decided not to take antidepressants for one winter. There were a few setbacks in mood, but she did not require to take the medication. She has not used antidepressants for many years and has managed to remain positive and not

depressed through the winter months. Initially, there was much resistance from her family regarding her decision not to use antidepressants. During the winter months she would happily use essential oils, crystals and ongoing healing to balance her mental and emotional energies. She also used alcohol to excess, but this was not the initial focus to her healing programme, but Michelle realised that as her emotional and mental health improved, her physical pain improved and she was reducing her alcohol intake without realising as she changed her lifestyle.

Another difficulty that Michelle had was her inability to work in a team. This had altered a little, but she often defaulted to wanting to control the work environment. She changed her place of employment many times but still met the same problem – a toxic atmosphere. She did, after some time vocalise her knowledge of the work situations she would find herself in, and acknowledge her part in the toxicity, but she had not sufficiently balanced the energies required to work in harmony with others.

Michelle underwent further crystal healing to remove the pull of alcohol on her energy field. Although her consumption has greatly lessened, the energy imprint remains and needs balancing.

Jackie

Jackie, in her mid-60's presented with a history of using alcohol for many years, initially beginning to use when she was a young married mother in an unhappy marriage. Her children had grown up and her relationships with them, her mother and sibling had deteriorated. The alcohol consumption had damaged her energy field so much that she was able to touch and experience things of a metaphysical nature. She developed a great devotion to angelic consciousness, although her understanding and demands on them were often clouded with emotional pain. She had suffered much grief and loss in many aspects of her life.

We decided to work on balancing her feelings of pain with respect to loss and relationships, although these were greatly bound with her overuse of alcohol. She would speak of her feelings in a repetitive and circular way. After several months, there was a lightening within her and we began integrating the crystal healing for alcohol misuse with her loss and grief healing. She reduced her drinking considerably and began to acknowledge that she had been and still was drinking to hide her feelings of pain.

Jackie began to explore her feelings more deeply and when she arrived at a point where she would have to consider forgiveness to herself and her family, she said she could not do that. Not in this life. She did not attend for further healing as she had reached a point that she did not wish to pass because of the pain she would have to face.

Several years later, Jackie presented again. Her drinking had remained at the level as when she left healing, but life events had orchestrated that she meet with her family and Jackie had repaired her relationship with her mother. She would communicate with her sister, but this relationship did not run smoothly, however, there were great strides forward. She attended clinic regularly and continued to make improvements in her life according to her wishes in the life. She was generally a much happier woman.

At the time of her passing, she had a positive relationship with her family and her intake of alcohol was very small.

Kate

Kate presented in her 40's, a woman of great strength, who did not have time for 'emotional touchy feely folk'. She herself, had experienced much trauma in her life, and had never processed these experiences, she just closed them up and never spoke of them. They remained hidden within her even to herself.

A bereavement which affected her very personally, was the catalyst that brought her to seek help. It was the loss of a dear friend after suffering a long illness. The loss and grief healing was begun, and as there was a beginning of a lightening within her energy field, she began to speak ill of others in a very emotional and forceful manner. This was a new personality trait observed by her family. As she began to express anger, disdain and disgust at others reactions to life experiences and which were nothing to her own experiences she began to develop herpetic eruptions around her mouth, especially in the creases of the skin around her mouth. These were incredibly difficult to heal as any speaking whatsoever, would crack open the healing wounds left by the blisters.

Metaphysically, Kate was releasing all the pent up anger and distress of her own life experiences, but directing them at others. She would feel incredible guilt for what she was doing, but this was the only way that she could manage to release her hidden emotional pain. This period of her life lasted several months and she developed what she called a 'Joker mouth' looking very similar to the villain of the

Batman series. Amethyst crystal lasers were used to treat the corners of her mouth at the end of every clinic presentation. The wounds would heal almost instantly after the laser use almost every time. She received some relief, albeit short lived, as the energetic scars were so deep the anger was manifest in the blisters returning, as did her 'Joker mouth'. Eventually, after much pain, both physical and emotional, the blisters reduced in frequency of eruptions and the wounds to the corners of her mouth healed fully.

Constance

Constance, an overweight woman who in her youth had been very athletic, presented with muscular arms and legs, a torso covered with much fat tissue. Her legs had a few varicose veins, but were not causing her any discomfort. Her presenting complaint was the many thread veins that were associated with the varicosities, which covered the lower legs, ankles and forefoot. Those parts of her limbs were blue due to the great number of thread veins. The lower leg was also swollen with oedema.

We began to treat the whole of her legs with a selenite laser crystal, and after six weeks of treatment she could notice a significant change in the colour. As the healing was administered, there would be much tracking visible – shown by a white line where the laser had touched her skin and would remain there until smoothed away with another aspect of the selenite crystal's energy. This could be of several minutes duration. Whilst administering the healing, the thread veins would lighten in colour initially, and towards the end of the six week period would turn pink. The blue colour would return within an hour or so. However, after the first round of treatments, the blue of her lower legs was certainly a lighter shade.

After a month's rest, the healing programme was restarted again for a further six weeks. Following four cycles of healing and resting, the legs were pink, with a significant fewer number of thread veins, were slimmer as much of the dependency oedema had been reabsorbed into the body drainage systems. Constance's legs have remained pink, with no obvious increase in the number of thread veins.

Michael

Michael was a clever young man, sporty and had just received his state examination results at age 16. They were better than predicted for him. Until he received his results he had planned to study at a college that specialised in sports, but his examination results caused him conflict. He received a soul recall, and on the strength of the guidance that he received during this healing, he attended a sixth form school and studied for 'A' levels. He attended a university and continued in academia, gaining a PhD, and began lecturing at universities. Simultaneously he undertook further training in sports and also coached and managed both university and youth football teams. This man continued to attend for healing and seeking guidance for any life decisions he is required to make. More importantly, he would follow the guidance he received, demonstrating the respect he has for the spiritual aspect of his being, while engaging in strongly physical and mental worlds.

Scott

Scott was a young boy of 10 when his father brought him to the clinic. They had a very strong relationship. His father had an understanding of metaphysics and did try to help his son in holistic and spiritual ways, but did not wish to burden his son with knowledge that may impact on his childhood. They had been at a sporting event for boys and Scott had developed pain in his chest, so severe, that he was required to withdraw from the competition. The following day, the pain was still present. Scott's father thought the pain was probably of metaphysical origin.

Scott was an imaginative child, so whilst administering reflex to him, he began to visualise and see colours and images that were presented to him. He saw a man dressed in white robes with a blue collar who identified himself as Michael. He then met another man who identified himself to Scott. These were angels, and the second was Scott's guardian angel. Michael said that he would watch over Scott and all travellers as Scott was soon to embark on a long journey to see distant family. On the surface, Scott was very excited about his forthcoming adventure and travels, but deep down there was much fear. The pain that Scott experienced was the opening of his heart chakra as he was to begin his spiritual journey and connect to his angelic presence that travelled with him. He grew into a well-balanced child, experienced a significant number of childhood difficulties, but he always had the knowledge and comfort of being able to connect to his angels.

Liz

Liz was a young woman in her mid 20's when she presented. She had managed a successful career and had fulfilled all her life objectives that she had given to herself very quickly. She was comfortable financially, respected, enjoyed her occupation, but she felt lost, incomplete. She was a fit and healthy woman, who had for the few months prior to attending clinic experienced pain in both knees and hips. She had been in constant pain, although different joints had been affected, not all joints were causing pain at the same time.

A friend of hers had received an aromatherapy massage so she encouraged Liz to receive one too. Liz enjoyed the experience and attended a few more sessions. While her friend had found these sessions useful, they were not helping Liz with her pain or feelings. The aromatherapist suggested Liz visit another therapist. Somewhat reluctantly, Liz came to see me, and after receiving a soul recall, she completely understood the cause of her pains in the lower limbs. They were coming from an energy within her makeup that in past lives she had not taken the path her soul had chosen. This time, she had developed the pain to receive a soul recall which would direct her on her spiritual path. On leaving the session, the pain in Liz's legs had significantly diminished and she soon became completely pain free as she set into motion to release herself of her business and begin a new career which was more holistic and still used the skill sets she had learned from managing her business.

Paula

Paula was one of many siblings, but as they grew up most moved further away from the family home. Paula remained with her parents. Although they did not need caring for, she was their go to, on site person should they require any help. In time, Paula married, and they became doting grandparents. The relationship became symbiotic. As she spent more time with her parents, Paula knew them better than the other siblings, and the relationship became one of parity. (Prior to this, her parents had been strict, even in adulthood, and the parent child relationships were steeped with Victorian values. Of course, grandchildren are incredible catalysts too.)

Paula's father suffered an unexpected heart attack. Her mother called her at work, and said her father was taken to the local hospital and they were to meet there. Driving to the hospital, Paula was praying, asking for a parking spot and access to

her father. Both prayers were answered and she was able to say a very hurried goodbye. Her father passed soon after Paula arrived at his bedside. There was grief, loss and pain that she felt for herself, her mother and her children. Presenting for healing, she received a connection to her father. This was unexpected, but she was able to leave the session with the knowledge that all was well.

Ruby quartz point

A perimenopausal woman who had retired early from working, was asked to return to the office to help with some extra work that had been given. She had been retired for about a year. She agreed to return for a period of six months, thinking the monetary remuneration would help with some unexpected outlays at home. Indeed it was. However, as soon as she returned to work, she began to bleed daily. The blood loss was not great, but after her normal menses, she would bleed daily until her next period. After two months she presented for healing.

A crystal ruby quartz point was used to bring balance to her base chakra. She presented weekly and in two further months the blood loss was back to normal. During this period of time, she explored the causes of this and the relationship with returning to her preretirement employment. As she understood the cause and effect, the symptoms improved exponentially. After six months the contract was finished, and she was invited to extend, but in view of her symptoms, healing and soul understanding of her life plan she declined and went on to live a full, active and financed retirement.

The ruby quartz point has been employed many times to heal and balance base chakra issues, especially associated with dysfunctional bleeding.

Alice

Alice, a woman in her mid-30's and pregnant with her first child, had a past and active history of Crohn's disease. It was relatively well controlled, rarely requiring medication, but exacerbations would occur when Alice became stressed.

Alice had several years of holistic knowledge behind her and was quite aware of her emotions and was working quite hard at trying to balance them, so releasing any tied up and tangled energy patterns held within her.

With all her holistic awareness behind her, Alice opted for a home delivery, and indeed began her labour with the support of a friend, who aided Alice as much as she was able from a holistic perspective. Two midwives were also in attendance.

Labour was slow, difficult but did progress. The second stage of labour was extremely painful, and Alice became exhausted, the baby was not moving and after much deliberation, Alice agreed to an assisted delivery. An ambulance was called and in the hospital she had a forceps assisted delivery.

Two years later, she bore her second baby; this labour was much easier but did result in a third degree tear which would require surgical intervention. She managed well with both her children, but the tear left her incontinent and leaking faeces. This coupled with her history of Chrones disease was very difficult for Alice. After prolonged treatments she was advised to undergo further surgery and have a colostomy. When the second baby was a year old, Alice began a holistic healing programme using many approaches, but in particular would attend for crystal healing with a selenite crystal laser, with the aim of strengthening the bowel and anal musculature. She was under constant hospital monitoring, and repeatedly prepared for surgery which at the last moment was cancelled. After three months of holistic healing, the hospital noted that the anal sphincter tone had improved so much that surgery was deferred by mutual consent of Alice and her attendees. A further three months of holistic treatments found Alice fully well, did not require surgery and was discharged from clinic.

Mac

Mac, a single lady, longing for a relationship and children presented in her early 40's. She was aware that her biological clock was ticking, and was searching for a man to share her life, but who also had similar morals and values as she had. When she met someone, things rarely flowed smoothly, as she had a deep faith and practised her religion devoutly. The male partners she found were unable to meet her expectations. She never had a long term relationship. There was also a long history of illness with her father and one sibling, who suffered multiple medical conditions. Mac was the go to person to sort things out medically and socially for her family.

Again, loss and grief played an important part in this woman's presentation. A programme of healing began which addressed issues surrounding her parents, her feelings towards her ill sister, feelings how all their lives impacted upon hers. She

became much stronger in the two years that she attended and in time, was able to request help for her family with greater clarity than she had done previously, when help was sought with great emotional pleading. As she was seeing consultants, her manner made her requests of them much easier to be understood, and that part of her life eased considerably. She also gained acceptance that she may travel life with no partner or children, and began to look at ways to fill the gap that was still within her. Eventually, she adopted a dog, but he pined so much for his sibling that she returned him. This she did with grace and did not feel the loss as greatly as she anticipated she may. She gained acceptance and her life, although not complete for her, is much easier and sweeter.

At presentation, she disclosed that she suffered respiratory problems, which often hospitalised her especially during the winter months. The frequency of admissions diminished greatly and the intensity of each episode of respiratory problems lessened significantly, in so much that she really did not consider this a problem.

Mavis

A lady in her mid-70's presented through the recommendation a friend who had been attending the clinic. It had taken Mavis two years to come, as she was grieving the loss of her husband. Although this was an expected death after a long illness, she missed him after so many years of marital life together. She had a daughter, but she lived a considerable distance away and so they were unable to meet frequently.

Mavis had begun to fill her life with activities by attending various crafting groups and Tai Chi classes. She also walked and fostered animals for a local charity. None of these helped with the grief that she was experiencing. These issues were addressed and a programme of reflexology was begun, after completion, there was a different woman than the one who presented just over six months previously. Mavis had become much more talkative and interactive socially; a childhood friend had become ill, so she gave up her crafting groups to look after her. She became much more determined and was able to refuse politely, things she did not wish to do, whereas in recent years she would have agreed as she did not have the strength to refuse.

Mavis continued to feel the loss of her husband, missed him, but did not sink into the depths of despair and grief as did at his passing. She wished she could see her

daughter more frequently, but accepts that this was not to be at that time.

Ruby Crystal

A perimenopausal woman with dysfunctional bleeding (due to past lives and visiting places where she had lived before, without conscious awareness) presented with a very low haemoglobin, and practically no iron stores. She was incredibly anaemic, but refused to take any medications that were prescribed. She opted for a non-medical approach to heal the anaemia.

Her diet was discussed and indeed poor, and lacking and lacked balance; that aside she was asked to eat liver and to consume stout beer daily – as received in meditation before beginning a healing programme. This she did, as well as entering a crystal healing programme, which included her carrying a ruby over the area of the liver as well as employing that same crystal as part of a healing configuration during clinic attendance.

The blood loss recovered to more acceptable levels and with time she also recovered her iron stores and haemoglobin levels. She underwent much personal reflection regarding past lives, received many soul recalls as well as reflexology to facilitate this reflection and understanding. Many of the patterns of energy which she carried within her that became known during her healing sessions and journey had become balanced.

Release cream

Daisy, a woman of almost 70 years, would periodically receive eruptions of eczema over her body. It was not severe and would settle with the use of aromatherapy creams which Daisy used and was familiar with, received from the Sunflower Apothecary. Once such eruption of eczema was followed by vaginal thrush with inflammation and soreness of the external genitalia. She began using a cream, and applied it topically. Things became much worse and uncomfortable. She looked to the cream that she was using and realised it was not the one that she had intended to use. She had been using Release cream, which was enhancing and augmenting the release that she was experiencing naturally at the time. She rang the Apothecary and was prescribed some bespoke cream. Within 24 hours there had been a marked improvement. Daisy also learned a lesson to read the label and be wary of what is placed on or into the physical body.

Helena

Helena was a very popular girl and adult. She had many friends, a good life, and seemed popular among her siblings. However, with the passage of time, many of her friends found others to spend time with, her relationships with family and siblings also deteriorated. The common factor was the intolerance that Helena had to any ideas other than her own, her constant need to be right, know everything and to control those around her.

As her own children grew up, things were not easy. Her friends had had enough and other inter sibling alliances were formed. One of her siblings had chosen an alternative lifestyle and for many years had been the butt of much sarcasm from her siblings, and excluded from events organised by them. As Helena was spending more time alone, she began to reflect on her situation and life, even acknowledging, albeit on her terms only, that she may not have been correct all the time. She would still become very defensive when her siblings or family challenged her, but overall, shouting and the need for dominance appeared to have diminished.

When matters personal or unusual, phenomenon which she experienced that Helena felt she could not share with anyone, she would choose to connect with the sibling whom she derided much in past times to discuss things with. The sibling with the alternative lifestyle, would accept these communications and discussions without judgment.

The forced introspection that was the result of Helena's behaviour was the catalyst for her to amend her behaviours somewhat. She was not a patient or client, but a relative of one who attended both medical and holistic health practices, and whom I attended.

Eileen

A most delightful lady in her early 80's attended clinic after being advised to do so by her cousin. The lady was larger than life and loved life, with all its colours and experiences. She had suffered from sciatic pain for many years and would consult with a practitioner of the Alexander Technique for relief and management of the condition and pain. Her practitioner retired, so she sought another. At presentation, I said that I did not deliver the technique as a therapy, but could

offer her reflexology and suggested she try this for three sessions before deciding if this modality was for her.

After the first session, she said that she had been pain free for half a week, the second session for almost a whole week and after the third session of reflexology, Eileen said that her life was as good as possible.

She continued to attend clinic for many years, and occasionally had exacerbations of the sciatic pain, which responded well to focused management. After some years, it was noted that she began to lose weight, and she attended her medical doctor. She was diagnosed with bowel cancer. She declined any allopathic treatments and continued to receive holistic management to ease her transition. She passed in her late 80's, a woman with joy for the life she had lived.

Alexandra

Alexandra presented while still at university. She was engaged to be married, but was having an affair with a tutor at the university. She had hoped the affair would develop into something more permanent. Alexandra received soul recall therapy and gained understanding of the soul attraction that she felt for her tutor, married her fiancé and moved to live in another country.

Initially, she was happy with her life, and in time, delivered a baby boy. Cracks in the marriage began to surface and then deepen, until eventually there was an amicable separation. Her husband had a long standing relationship, and Alexandra had several long term affairs with men of high social and political standing.

She was still searching for the one, but was afraid to release the attachments with the men that she shared relationships with. Not doing this, did not allow and energetic opening for a connection which consistently appeared in soul recalls that she received.

Alexandra was very respectful of guidance that she received during soul recall therapy and would follow it in every aspect of her life; work, home, health. She could not sever ties with her lovers, although knowing that these relationships were not to be lasting.

Her success in life generally, she acknowledges is in great part due to following guidance. A change in outlook regarding her love life appeared in her late 30's,

and she began to reconcile that she may remain single, having missed several opportunities to allow the connection with the soul that appeared in many of her soul recalls.

Mark

Mark, a child of a privileged middle-class family. He was the sunshine in life, successful academically, in sports, socially. He took many jobs while in school to receive an income. He did most of this to receive praise from his parents and to please them. Behind the sunny personality, there was hidden great pain, anxiety and insecurity. He began to have strange behaviour of an obsessive nature. These surfaced just as he entered adolescence and he did not disclose them to anyone, family or friends. In his mid-teens, Mark finally found the courage to speak to his parents, and he was taken to a therapist.

Because of Mark's intelligence, language use he appeared older than his years. The therapist challenged him in a way that he was unable to process and manage. Therapy ceased and he was taken to an allopathic physician, who prescribed medications. These improved the emotional and mental aspects of Mark's personality. He was encouraged to stop taking the drugs prescribed, and after a few months of no treatment, he began to exhibit retrograde steps.

At this time, as well as taking medications, his parents encouraged him to explore holistic techniques such as meditating and using Flower Remedies. He did this to please his parents more than wishing to embrace and engage in these practices. However, both approaches promoted a return to good health.

As he was growing into adulthood, he received a soul recall, and with this an understanding of mental ill health, past lives, and so he was able to navigate the final years of school life more peacefully, although he still exhibited obsessive behaviours, and suffered marked anxiety.

He left school after successfully sitting his examinations, and Mark entered university, where a different side of his personality was allowed to surface, which had been thwarted in his family life. He lived the life a young teenager in his first year of university, as if playing catch up. Mark did settle down, successfully completed his degree course, went on to work in a caring profession and, with no pressure on him embraced holistic self help techniques and adopted them into his daily obsessive compulsive habits, which he still exhibits, but does not hide. He

would seek medical help appropriately when his mental and emotional help suffered, and would use both aspects of promoting health to navigate life.

Beth

Beth presented as a teenager, a lovely young lady who was struggling with school work. We began a programme of reflexology to assist her focus in class, aided with the carrying of crystals and the use of vibrational remedies. She was taught basic alignment techniques and she engaged in school work much more efficiently and effectively. She stopped attending clinic and began living her life with all the challenges that occur.

Beth would return to clinic, in her early 20's, and intermittently afterwards when life would become more difficult for her. Initially, she would present in the middle of a crisis, but as time passed, she would come to prevent a crisis or to manage a situation which she knew would be difficult to navigate without becoming emotionally upset. Her use of healing, was inconsistent, but with each presentation she would usually have incorporated a small discipline into her life, and she managed life situations better than in the preceding attendances. In this small and incremental way Beth would lighten the load within her energy field, and so lighten the load of life, and those around her.

Gloria

Gloria, a woman in her late 70's suffering the loss of her husband and manifesting many signs of a clinical depression was brought to see me. Associated medical conditions did not help her mental state, and her mental ill health exacerbated the symptoms of her physical medical health.

As we began the process of healing the grief she experienced at the loss of her husband, she began to tell me life story. A young country child, growing up in poverty, having fun, visiting family and entering an arranged marriage in a foreign country, the event that she had no prior knowledge of. She did grow to love her husband and they had two children. Following the death of her husband she was given a dog for company, however, the arthritis that she suffered would limit her ability to walk him. She missed being outside in nature.

Gloria completed the grief programme, and there was certainly a lightening of her mood which was noticeable by many. She would now take the dog out for short walks, she, in her wheelchair that she had obtained. Gloria regained a little positive quality in her life, but she did not wish to engage in living and the deep pain and grief remained. She would eat very little, and the food was not nutritionally sound. This caused much disquiet between her daughter and herself.

Gloria died within two years of meeting me. Her grief was not fully healed, but some of the held pain that she carried from childhood had been released, and I do believe she transcended with a lighter energy field.

Tina

Several decades earlier to presentation, Tina had a brain tumour, which because of its location, was not able to be fully excised. She was told that it was slow growing, but would eventually become symptomatic. This had happened. She would use much medication for pain, and sleep was chronically difficult and poor.

Healing was focussed to symptom management initially, with some limited success, but more importantly, during her visits to clinic she used me as a valve to express feelings that were hidden deeply, and which revolved around family and childlessness. Integrated with alleviation we began to heal these feelings which Tina had disclosed, and this did have a more positive impact on her symptoms.

Tina did undergo further surgery and presented after this for healing. A change in life circumstances meant that she could no longer continue to come to clinic. Towards the end of her attendances, Tina was unable to quantify the changes that she experienced during her times at the clinic, but she knew that attendance was helpful and positive experience.

Fred

Fred presented to casualty every Friday evening. He was homeless, unkempt, smelly and hungry. He would be placed in a cubicle, given tea, allowed to sober up and then discharged. In my time working in casualty, had heard of him often, seen him many times, but had not encountered him as a patient.

Then my turn came. I entered the cubicle and he was smelly. The fleas were jumping around and he had the strongest ketotic smell. He was clearly dehydrated

and because of his lifestyle, very thin. I examined him and ordered blood tests, set up an infusion and went to attend another patient. The casualty staff were cross with me for wasting time and resources on Fred. When the results came back, he was admitted with a diagnosis of diabetes, this was managed and he was discharged sometime the following week. His social circumstances did not change, but he was discharge flea free and a stable blood sugar, even if for a short time.

Fred died not long afterwards, he probably did not accept any aftercare that was offered him. I often wonder if he had been treated as a person and not Fred, the dirty drunk, would his outcome have been different

Chloe

Chloe was a 6-week-old baby who presented with a fit and a fever. This in itself, was not unusual, as children often presented with convulsions associated with high temperatures. I examined this baby and performed an examination I had not done before in such a situation. I looked into her eyes and found that there were haemorrhages present at the back of her eyes. My junior doctor colleagues asked me why I looked into her eyes. They all said that they would have examined the baby, brought the fever down and discharged the baby within a day or two as was the management in those times. That is exactly what I had done numerous times before. Chloe was transferred to the neurological hospital in another city to investigate and manage the cause of the convulsions and haemorrhages. I can only say, that in that moment, I was open to the intuition that I was constantly receiving, and for most times without awareness. I hope that examining Chloe may have had a positive impact on her future wellbeing, rather than having investigations and management in the future, as I am sure she would have presented again.

Jack

Jack, a working man of 57 years presented with a frozen shoulder. He had seen a healer several years previously, who had helped with a similar problem with the other shoulder. He tried to contact her after medical interventions had not helped him. She had retired and he was directed to me.

After 6 weeks of attending things had improved for him considerably, although the shoulder was still troublesome with pain and some restriction of movements. A

further month and he was pain free, only occasionally complaining of a little discomfort and the shoulder had about 90% of the shoulder's full range of movements returned.

Jack wished to maintain healing and he attended regularly. He was extremely connected with the material world and with no interest in spirituality, a man of great pragmatism, and our consultations were often lighthearted and comical. He had no desire in engaging in deeper healing, although he began to have vivid dreams which I believe were clearing energy patterns for him.

After a few years of his attendance, I felt things were in status quo. I remarked to a colleague that I would ask him if he really required to attend clinic. I did not think we were addressing any patterns within his energy, and I did not wish for him to waste his time or money. Preparing to have a difficult discussion with Jack about this at his following attendance, he began the consultation saying he had told me things he had never told anyone else before.

A truly humbling experience for me. What I considered was normal nonsense chitchat was deeply profound for Jack. Another great lesson taught to me by a most unusual teacher.

Sophie

Sophie, a married woman in her early 30's with two children and a nurse by profession came to a meditation class. She was a whirlwind of good fun, big heart and absolute chaos. Her large and extended family played an important part in her life, and amongst minding her own life, she looked after friends and elderly parents. Following her first attendance to a meditation class she said she felt an overwhelming peace and attended a few more classes before presenting to clinic. On the surface all appeared well in her life, but with time she began to inspect her life, her connections, her reactions to circumstances and events.

In particular, she began understand the energetic power of the spoken word, and when conversing in groups as before, she would not engage in slander or ill speech concerning others. This caused much annoyance towards her from her colleagues, friends and family. She was often told she was becoming boring and pious. Sophie persevered with her new found way of behaving and during this time she began to experience palpitations. These were investigated by the medical professionals, treatments were offered and none affected the frequency or severity of the palpitations. Eventually, she sought a metaphysical explanation,

and received that they were demonstrating the excitement that she was experiencing, as she was busy embarking on a new way of living.

Over a decade later, she was still fun loving and still a whirlwind of energy. Her life was still busy but her way of reacting to and dealing with people, patients and situations would now flow from a place of energetic knowing and spiritual understanding of karma.

Judith

Judith came seeking help for her daughter who was experiencing teenage angst. At the same time as this, her husband had been offered an extremely exciting and rewarding job opportunity in another country. Judith lived nearby her widowed mother, and had no other siblings, so the anxiety she experienced at even the thought of moving countries was immense. Her daughter was finishing school and looking forward to university. She would live with a distant relative of Judith's and between them would care for Judith's mother. I suggested that Judith attend meditation classes. She did, and then presented to the clinic.

During her clinical consultations we spent time exploring feelings of grief and loss of the old life, and then as her healing progressed, to acceptance of the current life situation and eventually to the hope of a good life in a new country.

Judith had a great belief in angelic consciousness and was taught how to connect with this, especially in times of need. Her husband flew out to the new country to find a home and begin his new employment. At the same time, Judith was selling their family home, and organising things for her daughter as she was to embark on a new chapter of her life. She continued to attend meditation as she was able, within the constraints of this active period in her life. By the time Judith was to board the plane and rejoin her husband she was more at peace but still not fully engaged with the relocation of country.

She took with her many meditations cd's, therapeutic creams and oils and vibrational healing flower remedies. After some time settling into her new home and life, becoming accustomed to the new town where she lived, she found a meditation group so attended that. With time, she began to lead the meditations in the group. The last communication that I received from Judith was that she was so happy with in her new life, things at 'home' were flowing well and her daughter had, after a few difficulties, found her place in life and was successfully applying herself to university life and all its possibilities and opportunities.

Christine

A young divorcee, with three children and working hard to provide for them, Christine was longing for a loving and mutually nurturing relationship. She would meet with men, but none would ignite any feelings of permanence, until she met a married man. He reciprocated the intense feelings that she experienced, but made it absolutely clear that he was married and intended to stay that way. Christine was unable to understand the depth of feeling and need. I suggested she consider receiving a soul recall, to which she sceptically agreed.

The life that Christine connected to was one during the second world war, where she was a nurse and the man an injured pilot in her care. She was the same age in the past life as in the current life. Their love blossomed, but the pilot dies. She remained unfulfilled in that life, with respect to loving and being loved. During the recall, she relived all the emotions of the past life, the joy and the pain. On returning to the present awareness, she stated that if it hadn't been for the emotions that she felt, she would have said, Yes, I made the whole thing up! My imagination did this. (A very common reaction post recall).

The understanding of her connection to this married man, and processing this with the conflict she was experiencing in the current life situation between them took some time, and Christine was eventually able to say farewell to him in the current life, in a manner that she could not in the life that she experienced during the soul recall.

Christine moved on, began dating other men. The energy that had been preventing a long term relationship from being established and maturing had been freed. I do not know if Christine ever found her happy ever after with a man, but I do know she most certainly found it within herself.

John

John, a retired university lecturer and in his 80's had lived a holistic life. He was an extremely gentle soul and a man of great knowledge and wisdom. We did not agree on many things, and our discussions were exciting and thought provoking. We listened to each other with respect. I learned much from him, and I hope, he from me.

His presentation and history were that of bowel cancer, but he was adamant that he did not wish to receive medical care and wanted to leave the current life on his terms, he came to ask if I would assist him in that journey.

I persuaded John to visit a medical practitioner for a definitive diagnosis and to have the medical profession involved as it would assist with comfort at the end of life, while making things easier for his wife as she was to be the transition carer. He agreed, and the doctor he attended agreed to and respected the wishes of John. The diagnosis was confirmed.

We began a programme of cleansing and transition preparation, assisted as needed by the medical profession. John left his body at his home, looking out at the beloved countryside, with peace, and having cleared much from his energy field.

John and helping him on his journey of transition has been one of the greatest privilege that I have been afforded in this life.

Debbie

A woman in her late 60's, widowed with no children, would spend much of her time helping many in her village, volunteering her time, and assisting at the local church events. She had exhausted herself, depleted her energy stores, but was still unable to still herself physically or mentally.

The programme of bereavement healing and loss were begun and amid this Debbie received crystal healing. It took over a year to complete this programme, but at its end, Debbie emerged a more confident woman. She would still help anyone in need but would cease when she was not able to do this with a 'good heart' and good will. More importantly, Debbie developed a self-respect, which enabled her to say 'no'. This woman had truly transformed into a butterfly.

Theo

An 18-year-old man, who presented with great anxiety which had begun to affect his performance at work, and had begun to prevent him from socialising and going out. He was clearly not agoraphobic. He arrived punctually for his first appointment with me. Unfortunately, due to traffic congestion, I was very late and

not there to receive him when he arrived. He stayed, mostly at the insistence of his girlfriend.

I took a very minimal history and administered reflexology. He left the clinic not fully grounded, but instructions were given to his girlfriend on how to care for him that evening.

The following week, a very different man presented himself. He was so calm, it was unbelievable to him and those around him, the change that he had undergone. The next few visits to the clinic, consolidated and augmented that calmness, although the effect after subsequent sessions was not as great or to him profound, as the initial one.

He attended for two years, during which time he repaired his relationship with his father, for whom, he was a failure and never good enough. He visited friends in Australia that he had not seen for many years, found a new home to rent, gained a new job which paid handsomely.

Theo underwent a complete change. He began exercising, walking, lost weight, improved his diet, and meditated regularly. Tom would employ the tools he had been given and the spiritual practices that he had been taught to avert any disease in his life or mitigate dis-ease. Theo referred many to the clinic, from which he received much benefit. He wished to start a family with his girlfriend, but she did not wish a commitment and responsibility of that kind. With time. He withdrew from that intimacy; they remain friends and I believe both have new partners.

Sheila

A successful and attractive 60-year old divorcee with one son, and a mother living in a nursing home presented because she had been crying every day for many, many years. She did not even know why she cried. She denied any positive feelings towards her ex-husband, eased her son's life as much as she was able to do, and would visit her mother as often as possible. She said that she would like another relationship but would settle these feelings when they would overcome her, by watching a feel good romantic movie.

After the first treatment of reflexology, she said that she had had the best night's sleep for many months and had not cried. We embarked on a programme of healing loss and with time she began to realise that the feelings of loss she

experienced were centred about her home abroad, and the family there who had taken advantage of her inheritance. Sheila was affluent, and did not need the inheritance, but it was the principle, and their actions that fuelled her feelings.

Anger began to surface and many relationships that she had with friends were broken as her releasing anger was targeted at their actions. She found it very difficult to let go of the held anger and to move on. She acknowledged that she bore grudges.

Throughout her life, Sheila had suffered from back pain, and this worsened as her emotional healing progressed; her pent up emotions and difficulties with relationships were acknowledged and released physically. Sheila had reached as far as she wished to and was comfortable with in her soul searching. She continued to present for maintenance healing, and would use the spiritual practices that she had been taught and was at ease in doing.

Connie

Connie suffered a stroke when she was 50 years old, and on release from the hospital embarked on a holistic healing programme. She also suffered from a nonspecific immune disorder. She had attended hospital appointments for many years and the management that she received did not alleviate her symptoms. She would take disease modifying medications and steroids to manage her symptoms and live a not unpleasant life, albeit not like the one she enjoyed previously.

Connie's condition was very much stress related and would worsen considerably when family upsets happened. Her partner suffered a depressive illness, and a daughter would react to emotional upset much more than the upset needed. She was later diagnosed with autism.

Connie did not look after herself but spent all her energy into looking after her family, children and grandchildren. She understood that if she was unwell, she would not be able to mind and enjoy her family, yet this knowledge had not been integrated into Connie's life. With many exacerbations of her illness and flare ups, she still pushed herself to her limits.

A programme of maintenance healing to promote peace and reduce pain was initiated. When a particularly bad episode of her illness, which echoed the symptoms of when Connie had a stroke seemed to at least make Connie slow down for a short while.

Healing does not cure, unless dictated in the life plan. Healing does not interfere with personal life choice. It is the journey of the soul and the healer is only required to educate and facilitate.

Amanda

Amanda presented at age 51 years. She had periodic back pain and had been treated with physiotherapy. At presentation she self managed her pain with visits to the physiotherapists as required and with regular back strengthening exercises. Since the age of 25, Amanda had bouts of depression which were treated with antidepressant medications. She suspected that there was a family history of depression in women, but only she had been formally diagnosed. Amanda stopped taking medication for depression as she did not think it helped, but did use St Johns Wort to manage depressive episodes and received much support from her family. Amanda had two children from her first marriage and had a healthy relationship with her son, but not so with her daughter especially after the divorce. Amanda also looked after her elderly parents who were both disabled and suffered many illnesses. She came to clinic, asking for strategies to help cope with her emotionally challenged life.

She felt the 'loss' of her daughter and was preparing for the loss of her parents; a programme of reflexology was begun to assist with this, and special crystal healing configurations were administered to help overcome grief were placed within the programme. This journey of healing was peppered with some emotional challenges, but Amanda continued the programme and used Flower Remedies and carried crystals to help with the depressive episodes she encountered whilst undergoing this intensive healing. Amanda came out of the tunnel of depression and handled her still traumatic life very well. She began to meditate and practice yoga which also aided her wellbeing. Amanda occasionally presents to the clinic for a short duration to ease the tension held within her shoulders where she would carry the tensions of life, if she cannot manage them herself. Her back pain remained quiet on the whole, since she embarked upon and completed the initial healing programme.

Barbara

Barbara was 56 years old when she presented with bowel cancer with metastases and was given a prognosis of 6 months. She was undergoing chemotherapy at the

time of presentation and was very distressed as the medical profession was talking of discontinuing this treatment as it was having no effect on reducing the tumour sizes.

Barbara was very breathless at presentation. A friend had told her about crystal healing and it was this as a last resort that prompted Barbara to attend. She came for weekly reflexology treatments alternating with rose quartz crystal healing placed on the body as close as possible to where the tumours were situated. After three weeks Barbara felt more positive and it was also decided by the medical doctors that she could receive more chemotherapy.

After three months of attending the clinic, there was a significant improvement in her emotional wellbeing, she demonstrated a greater energy and began to have short holiday breaks with her daughter. The breathlessness that she had presented with had shown considerable improvement, and this continued for 14 months. During this time Barbara would have repeated radiological investigations, and these showed that there was no increase in the number or the growth of the tumours in her lungs.

Shortly after she was seen by a medical consultant who, because Barbara had improved so much physically and mentally, asked if she wished to take part in a medical trial for the treatment of cancer. Barbara spun in turmoil, conflicted. She wished to just continue with her holistic treatments but felt pressured by her family into taking part in the medical trial.

A few months of being part of the medical trial, Barbara became unwell, developed diabetes and her breathing became a greater problem once more. After a short time of developing diabetes Barbara passed away at home.

Veronica

A 42-year old woman was admitted to hospital after suffering a compound comminuted fracture to her right elbow. She had been enjoying autumnal sunshine outside, seeking a little respite and peace from very disruptive personal and familial problems. She also worked extensive hours in a nursing home, had very little sleep and became extremely fatigued and exhausted.

After being taken to the hospital, she was discharged and was told by the orthopaedic consultant that she could not receive surgery because of the many

fractures and bits of the bone which were the result her fall. Veronica was discharged with her elbow supported with a sling.

Veronica began to receive reflexology treatments and after 6 weeks the constant fatigue that she had lived with began to improve. There was no change in her elbow management by the hospital and she was unable to straighten the arm at all. The elbow was 'locked' at a 45 degree angle. Mentally and emotionally there was some lightening in her energetic makeup.

The subsequent hospital appointment, a plaster cast was placed on Veronica's arm with a screw and a metallic contraption placed within which Veronica had to turn several times daily in an attempt to straighten the arm. After three months, there was no improvement, and it was decided that Veronica would now undergo surgery to straighten the arm. Following surgery, she was to receive physiotherapy, but two days post-surgery an infection developed at the site of the surgery, so this was not possible.

One month later, Veronica was again at the holistic clinic, and an intensive programme of crystal healing was begun. This was administered twice weekly with a clear quartz crystal laser for several months. Veronica also received several soul recalls to gain understanding of her life situation which resulted in this complicated fracture. The arm did straighten. The therapies received helped Veronica emotionally, so she was able to see with greater clarity the situations in which she found herself and make more informed decisions regarding her actions rather than reacting to the ongoing familial disruptions.

After 6 months, Veronica saw the consultant again. He was immensely pleased and greatly surprised at this unexpected outcome. Veronica showed him the crystal laser used to perform the metaphysical surgery to her elbow and explained to him how this worked. He admitted that he never expected the elbow to straighten and would have been delighted with a few degrees of improvement.

Me, Dr Anna

A patient came to clinic having just recently visited Serbia attending a pilgrimage to the site of the apparition of the Blessed Virgin of Medjugorje. She brought with her some medals and rosary beads that had been blessed at the shrine for gifting to whomsoever I thought would like to receive such a gift.

She had her consultation and left. Later that day, I fell and twisted, sprained my right ankle. I still had a busy clinic to complete and could feel the ankle swelling and becoming increasingly painful. I placed on the medals I had been given to the ankle inside my sock and went on to complete the clinic. Whilst working, I realised that I was no longer limping with the pain, although I still had an awareness of discomfort in the ankle, I noticed that there was only a little swelling present.

I had suffered many ankle injuries in my life and fully expected the ankle to be troublesome for some time in accordance with the past history of such injuries. The ankle healed rapidly in a few days with minimal pain, bruising and swelling.

The Light of the Blessed Virgin from the apparition site was bestowed upon the medal, and its healing powers were transferred to my ankle when I suffered the fall and injury. I am truly grateful to the Light for all the healings and miracles that I have witnessed and have been a part of.

Appendix A – Patterns of Autism

For autism – or any of its symptoms - to manifest physically there is an opening of energy in some direction, that is, energy connection and disconnection to the physical from the spiritual bands. The rocking, swaying, repetitive movements are the physical energies on automatic pilot, when the consciousness vacates the physical vehicle. The energy loosens, parts and fragments in such a way as to render the person most incapable or most capable at a variety of functions and skills.

This could be a birth choice to facilitate soul learning for the incarnating soul, their family or carers, or it can be an eroding of the energy of the soul brought on by earthly energies surrounding the soul at a time of stress, for example, the much maligned and rehabilitated MMR (mumps, measles and rubella) vaccine. The soul's energy is trying to align to the planetary energy and now an opening may be caused by the shock of the chemical challenge received. Pre and post immunisation alignment will greatly reduce the occurrence or severity of any consequences of receiving the chemical charge. Giving the vaccinations singly, rather than all together will also minimise consequences. (The same actions of pre and post alignments for any vaccinations received, will lower the discomforts experienced by the soul from receiving these vaccinations).

Where there is a clear relation that vaccination-based opening of the energy field is related to the symptoms of autism, there is a greater opportunity to heal and align the child. There is an epidemic of severe autism and milder cases of autism to the planet at this time. Healing will also help those who have elected to receive the autistic difficulties as a life challenge. Great improvements could be made through alignments and understanding to the individual soul, and the individual gifts of the soul could be greater facilitated. Improvement in physical being, connection to family, integration into society despite their having, in continuance, autism.

There is a greater benefit to healing younger children. However, healing anyone is empowering. Healing received by older children and adults will result in improvements as most souls carry imprints associated with the autistic spectrum of symptoms. Care for those with autism is still poor, and so there is little improvement. When improvement does occur, the child has brought a measure of focus of energy at great effort of everyone concerned to a particular task.

The above may be illustrated and explained with the following hypothetical case examples.

A child, Helen, does not speak, yet every day her mother says to Helen, you are Helen, I am Mummy. After five years, one day, Helen makes a sound, and the mother hears that Helen has tried to say Mummy. The mother is overjoyed, and the achievement for the child is impossible to understand, for in her fragmented and open energy, Helen has used the equivalent focus that an adult would use to push a car backwards up a hill for an hour. So, for this hour, the four lower bodies of energy have been focused into pushing that car uphill. That this has not been achieved, is of no consequence, it is that the adult tried consistently for one hour. Helen has the focus to do this, when most adults would admit they could not sustain that focus. She is able to manage this because in the fragmented nature of her energy, no one knows what Helen is capable of.

What has happened, is that Helen, through her fragmented energy gained a connection to higher aspects of herself and her soul. She wished to give her mother a gift in return for the devotion and care that she has received, and so she connected to her soul and in a gift of alignment to that purpose was given the opportunity to make a breakthrough. Helen may or may not speak again, for even with soul dispensation to the physical being, the effort and work involved was immense.

Yet, Helen, who is seven begins the healing with crystals and she may recover a great deal of alignment, go on to attend school, and may recover the ability to communicate verbally. This is because Helen is autistic from a traumatic birth, which has not been recognised. Her soul plan was to come to earth and be dreamy, not autistic. If her birth had been aligned and not traumatic, she would have.

Helen underwent the alignment of her bodies with crystals, but with seven years of this fragmented open energy she has sustained a greater imprint to autism. She will require regular healing, and she would make great strides forward in her alignment and strength in her energy field.

Her parents and family will believe and know they have been blessed by God with a miracle. The family unit is strengthened and joyous. Her soul energy is more aligned and beautiful, and all the family has received great soul lessons.

The above illustrates the importance of teaching professionals concerned with birthing babies, to never underestimate the difficulty of an incarnating soul who

has had to contend with an unaligned birth, as it may be the difference of physical life or still birth, and so none of the life plan will be achieved.

The parents of another child present asking for help. The child, a young boy, begins the healing programme of alignment through the power of crystal energy. The parents will monitor his response. They too, agree to join in group sessions of teaching and receive healing.

This particular child, Billy, had a clear connection of developing symptoms of autism following his MMR immunisation four years ago. He was diagnosed one year ago.

Billy entered the programme and some of his personality changes have been restored. He has, once more, the capacity to smile, and his mother says her laughing boy has been restored. He, who had been robbed following the vaccination. Billy was not incarnating to be autistic, he was caught the negativity of, and lack of understanding to the planet at his time of birth. It was, of course, in the life plan to have an encounter with the jab and to receive symptoms of autism. Yet, his life plan was to connect to a healer who would use crystals to align him and demonstrate his capacity to overcome the dis-ease through realignment and chemical cleansing of the immunisation that he received. It was also in his life plan on that day his parents may have read about worries re the vaccine and would have caused them not to allow Billy to receive the immunisation. They did not see the newspaper and so presented him to receive the vaccination.

Billy recovers and within one year has the potential to be in a mainstream school albeit with support to help him catch up socially and developmentally. Children absorb so much during this crucial developmental part of their lives.

Not all children who receive the vaccination have an opening of the energy to experience that energetic, chemical and physical reaction to ignite the disease of autism in their body and energy. They suffer autism because other factors have occurred to render them susceptible to the disease. This culminates in the alignment challenge to their energy. Many things can add up to this lack of alignment and opening of energy. To reduce the frequency and severity, as said earlier, is to align the recipient of the immunisation pre and post injection. To deliver the immunisation in separate, staged injections which would allow the body and energy of those with a weaker energy field or body to readjust to the chemical and energetic flow through the four lower bodies of energy.

Another child, Maxine, is nine years old and is autistic. She receives healing and many traits of the disease are aligned, yet she is still autistic. Maxine has incarnated to be so. Her mother is delighted at her progress, as any improvements, no matter how small, will bring great joy to a soul and to those them if the soul has chosen to maintain a fragmented energy.

The healing programme undertaken will work up to the allowed karmic capacity potential which has been agreed in Light, prior to incarnation, and will work no further. Yet, because the planet lacks alignment for most, then improvements will occur, as it is unlikely that a child will be aligned to their maximum capacity. Aftercare and parental or carer help is important, as is teaching them to align the child. Parents and family should undergo a healing programme as a way to assist in the maintenance of holistic health for all.

The well documented case of the boy who drew very accurate technical drawings of buildings, all in perspective, in proportion with incredible architectural detail, except these drawings were in reverse. His capacity to draw was not challenged energetically, yet the simple tasks of daily living were unable to be performed by him. His drawings were in reverse because he had a connection to a life of a great artist, and he was connecting to the strength of that gift energetically. He drew faster than any capable child of his age, at the speed of an aged, accomplished artist. Although the art was a positive life aspect for him, the life itself was not one of positivity. So he drew backwards in his greater understanding through the open energy field.

This child would display a greater talent, purer talent than that of the artist he had once been, as he was open in a greater way to the soul gift for the life than the artist was as he had lived a very physical life only connected to a percentage of his light gift, whereas the child now has the connection to the purity of the gift, yet has not the ability in the current life to apply the talent. He could not create a masterpiece for his sensitive exploration of the gift, yet he could draw accurately and beautifully, albeit backwards. The brain computes that which he sees, but not the whole way. He sees the visual image before it becomes inverted. Yet, he learns to compensate for the inverted vision in some aspects of his life. For example, when he picks up a cup, his brain has learned to compensate, and he is able to feel the handle, so he can pick up the cup even though he does not fully process visual images and objects before him.

Another child may discover such a capacity, only to lose it as the energy shifts and another aspect of connection opens to them. The healing this child would receive

takes into account all of the above, through the vehicle of crystal energy, an alignment of his energy field and physical body would enable him to grow in alignment to his maximum potential.

So called savants, for example, a child who is able to walk fearlessly and adeptly along railings in perfect balance, yet cannot master basic life skills. There is again, a tract of energy which renders an opening to a skill mastered or gained in a previous incarnation. The genius like gifts offer an element of freedom for the child, who may not be able to move or coordinate their body, and will sense somewhere within their being elation, even if this is not apparent physically.

The crystals are perfectly attuned by Light sponsorship to the exact requirements of whoever receives the crystal healing. Thus a child who has different symptoms to the next shall have different maximum effects dependent on life plan choices. The molecular resonance of the crystals is such an exact and individual method aided by the Light workers and Guides for the soul receiving the treatment. The crystals are aware of the energy field, read the vibrational state, rebalance and realign with immediate effect. Angelic consciousness and Master Guides will light manage the intensity according to the exact needs of the child.

Autism can only be understood with an acknowledgement of the energy field, and then a deeper understanding of the energy field in its relation to disease. There will then be an inevitable reduction of cases for children will be aligned pre and post vaccination. Vaccinations will be administered singly with an interval between them giving the energy field time to settle and consequently unnecessary energy field openings will not occur.

Alignment is the key to health and wellbeing energetically and this impacts the physical vehicle. Alignment is the most preventative health care measure anyone is able to undertake.

For those with autism as a life choice receiving the crystal healing programme will see their highest natural potential, they will be healthy and more peaceful. Children will amaze their parents, as all have room for improvements via alignments. The healing programme centres around daily alignment, simply, easily with a crystal, requiring no more time than 20 – 30 seconds. The healer will administer short, focused reflexology sessions of approximately 10 minutes for a period of four to six weeks. The reflexology session may be longer as the child may not be compliant or able to sit still for even 10 minutes, however, with the help of parents, carers, music and books these sessions can always be administered successfully. Following these sessions of reflexology, the child enters

twelve weeks of receiving crystal alignments which are of 5 minutes duration each week. The healing is short and designed for those who are unable to sit still. Again, the crystal healing may be facilitated by looking at pictures, reading a story or feeling a crystal in the palm of the hand.

The above has used young children's cases as examples but older children and adults who manifest some or all of the symptoms of autism may also receive to the healing, although the results may not be as obvious, as the energetic patterns have had longer to form within the energy field. Some autistic symptoms may be transient, intermittent or permanent. The healing brings the fragmentation of the energy field into greater cohesiveness and reduces the openings and tracts within, so that the soul with symptoms resonates more fully with the physical side of the personality and brain.

In essence, autism and all its individual symptoms may be brought into better balance by aligning the flow between the right and left brains or upper and lower aspects of personality, the spiritual and the physical.

Below follow some cases where the souls who present who have not been diagnosed with but exhibit some of the symptoms associated with autism – that is the opening and fragmentation of their energy fields - and their healing journeys.

June

Background

June was 76 when she presented for healing. Happily married, with two sons, grandchildren and great grandchildren, she had worked for many years as a nursing assistant in a local maternity hospital. In her later years she developed a prolapse and experienced incontinence. She underwent surgery to repair the prolapse but the procedure was unsuccessful, and she continued to suffer with frequent urinary infections. As a result, she had to undergo further surgery.

June was suffering from memory loss. Initially this was not problematic, but as time continued her lapses in memory were more noticeable. She became almost entirely dependent on her husband and was unable to manage household tasks. This resulted in depression, as she felt that she was a burden on him.

The frequent infections exacerbated June's memory loss and she began to experience short periods eventually helped to settle the condition.

Two years before attending healing at the centre, June underwent surgery for a further attempt at prolapse repair. Following surgery, she became unwell, disorientated and paranoid. She became particularly distressed and disruptive in the evenings. On frequent occasions her husband would be called to the hospital and have to spend the night there to settle her. Her paranoia escalated and she made several false accusations about other patients and visitors.

June was discharged from the hospital, but her confusion remained. Her short-term memory rapidly declined and this put a great strain on home life. Depressed and withdrawn, June would frequently leave fires on, trip over things and neglect her needs. She was becoming a danger to herself.

Treatment/healing programme

As June's condition stabled, her husband encouraged her to undertake a course of healing. Although she enjoyed the initial reflexology sessions, motivating her to make further appointments proved difficult. Some improvement in her wellbeing was made, but her short-term memory remained poor and she was increasingly withdrawn. At first June hardly spoke to her healer but eventually she became more communicative. She would complain about her husband and then become distressed and tearful. June was referred to me by her therapist as it was thought that she might benefit from a specialised healing programme. I had known June for many years and her husband was already receiving, and benefiting from, healing.

June postponed our first appointment due to urinary tract infections and the associated acute confusion. I sensed that she was apprehensive about treatment. However, after the first preparatory reflexology she was more relaxed and said that she had really enjoyed the session. On her second visit she confided that her husband had recently praised her and that she was no longer asking for, or needing, as much help from him. Her husband confirmed this.

They both felt that her memory was improving.

As we progressed through the first phase of healing, June started to look forward to attending. She was more alive, animated and in control of herself. As a result, her husband was able to relax and even leave her at home alone for short periods. The stress that had been apparent in their relationship lessened and they spent far more quality time together, enjoying each other's company. June told me of the improvement she felt in herself and joked that she now only had to ask for things twice! She was laughing more and appeared much brighter.

There was a small setback as we moved into the crystal healing alignment of June's energy field. June contracted a urine infection that affected her short-term memory and attention span. She was unable to recall any of the instructions that I had given her. This distressed both her and her husband. However, she continued to attend and the following week, although still somewhat troubled, she was showing renewed confidence in herself. She was able to recall past events and even correct her husband. She was standing up for herself and not allowing her husband to be controlling.

As the healing continued June's communication skills improved significantly. She began to speak fluently and no longer needed to concentrate on individual words. Her sense of humour also returned. In addition, she started to remember where she had placed things and became more safety conscious around the home.

With time June's memory returned and her relationship with her husband began to flourish. Their complaints were now generally related to the usual aches and pains associated with old age. With the decline of her husband's physical health June had to take a more active role in the home. This played an important part in her recovery. Even when extremely ill, June still attended her weekly keep-fit classes and was able to remember whole exercise routines without guidance from the instructor. Her quality of life was improving and, as she became aware of her limitations, she developed more realistic expectations of herself. With this increased self-awareness she was also able to laugh at, and be kinder, to herself. She had so much confidence that she began to tell her friends that she was receiving healing. Even though June suffered yet another urine infection her new-found confidence enabled her to remain positive, orientated and even happy, in spite of the forgetfulness induced by the illness.

Towards the end of the programme June met with her previous healers. They were delighted with the change in this wonderful lady. Instead of being forgetful, depressed, uncommunicative and distant she was focussed, animated, laughing and initiating conversation. At the penultimate crystal alignment June made even greater progress. Following the session she made a hair appointment. Previously she had always relied on her husband or daughter in law to do this for her. At the final alignment June's husband told me that she was 80 per cent returned to her best ever form. Friends offered similar compliments and were also commenting on her wellbeing.

The healing programme was completed one week before their 55th wedding anniversary and for the first time in many years they were taking a holiday. They

are now reinitiating their previous lifestyle to the best of their abilities. Their quality of life has improved immensely, and their relationship is going from strength to strength.

John

Background

John presented for healing in his late teens. He was born with no apparent disabilities and was a happy baby who, up to the age of one, achieved all his developmental milestones appropriately. It was around this age that John suffered a convulsion that was secondary to an infection he had developed. Following this episode John's progress became slower, this was particularly noticeable with his motor and speech development. Although he was able to walk independently at 16 months, earlier indications suggested this should have occurred sooner. When John began vocalising he would constantly repeat words and phrases. He also became fixated on objects such as carpets and lights.

When John began nursery he appeared to be in a world of his own. Staff were concerned that he could not focus on activities or tasks for any length of time and that his attention would wander. When communicating, John's mother would often have to hold his head in order to make him look into her face and eyes.

John was referred to hospital and underwent thorough investigation and assessment. He was discharged with no definite diagnosis made. The family were particularly pleased that Autism had not been diagnosed even though they felt he exhibited many of the symptoms suggestive of this illness.

John was unable to cope with main-stream schooling and he was 'statemented'. He attended a school for children with special needs and, although teachers described him as 'slow', he progressed steadily and was regarded as a very pleasant boy.

Treatment/healing programme

John was attended by the British Institute for Brain Injured Children in Somerset when he was eight years old. His mother was sympathetic to complementary medicine and supported him through the 16 months of intensive therapy that resulted in John 'opening up'. The family home was constantly full of therapists and support workers and the intensity of the programme proved difficult for all

concerned. At the age of ten John decided that he did not wish to continue with the treatment. He had made remarkable progress and his parents respected his decision.

At home John was independent but extremely clingy, especially to his mother. She has always been present in the therapy suite throughout his previous healing programme. When I met John for the first time I expected he would want his mother to be present during healing. I was surprised when he followed me into the rooms alone. We began with short reflexology sessions.

Following our first meeting John displayed an increased awareness of his emotions. He hugged his older sister because she was crying and he also began to recall things about a teacher who had been unkind to him. Prior to the treatment John had not expressed anything about the teacher to anyone. He began to communicate about school activities to his mother and disclosed that he was fearful of leaving school at the end of the term.

John began to participate more in conversations and after our second session he seemed more independent and aware of his likes and dislikes. He would stop and look at things rather than through things. The improvement was noticeable to both of his parents and they could see many changes from his previous behaviour patterns.

John's confidence continued to flourish. He was displaying new and unexpected behaviour. On one occasion he asked his mother for money to buy sweets, but he actually spent the money on a card for her. As the healing continued he would spend much less time sitting at home and would join in with chores around the house. He began playing tricks on his older sister, would tease his older brother and engaged in conversation with visitors. He seemed far happier in himself, almost as if a new door had opened.

John's development seemed to accelerate rapidly. As he entered his teenage years he began listening to music and wishing to spend time alone. He would often become angry and storm off. Before long John began to understand his needs and started asking for them to be met. He learned the value of money, brought himself new clothes and began to take care of his appearance. John had a great affinity towards animals and would become angry if they were neglected or mistreated.

In the winter following his 18th birthday John enrolled in college where, once again, he blossomed. He developed excellent IT skills, went on work experience

through the college programme and also discovered his love of gardening. He began using public transport independently to travel to and from college. He became increasingly active in class participating in conversations with students and tutors alike, and he even organised the class Christmas party. John acquired a mobile phone which he soon learned to turn off in order to avoid his mothers frequent concerned telephone calls!

A very liberating and significant achievement in John's life was the opening of a bank account. Although accompanied by his mother, John did all the talking and negotiation with the bank manager. John's social life was expanding and he began dating a young lady. With the ability to take responsibility for himself came more liberation for his parents. They were now able to re-establish their own lives and pursue their own interests.

During John's 18 months of healing the positive changes in his personal growth were significant. During my last conversation with him he discussed his future and expressed a wish to work in a garden centre. He told me that he was also applying for a driving licence and was still dating his girlfriend.

Although John's mother had no expectations of what might have happened when he first presented for healing, she expressed that in her wildest dreams she could not have imagined the boy she knew then could have turned in to the man he now is.

Jay

Background

Jay suffers from schizoaffective disorder and lives in a residential care home. Prior to receiving healing his main symptoms included severe anxiety and panic attacks that consumed most of his waking hours and impacted on his family and carers.

Jay's medical history includes radiotherapy for hyperthyroidism, late onset diabetes, angina, mild deafness and renal stones. He receives insulin to control his diabetes.

Jay had received some complementary medicine at his care home prior to presenting to me for healing. He expressed a wish to undergo an external healing

programme but his family were resistant to him doing so. Regardless of this, Jay presented against their wishes.

Treatment/healing programme

During the initial phase of his healing programme, Jay was very agitated, restless and unable to relax into the reflexology sessions. Eventually his uneasiness subsided, and he was able to relax more. He often commented of tiredness during and after healing. On one occasion he almost fell asleep during the session and experienced a deep sense of peace and tranquillity.

The healing progressed to crystal ring alignments, and I would often hold to Jay's feet, as he felt comfortable with the touch. Halfway through the ring circuitry Jay began to feel calmer. His carers and girlfriend both noticed the change in him.

His keyworker stated that his attitude had altered significantly. Prior to ring circuitry she said that Jay would often create crisis and problems that would need attention, but these situations were occurring less frequently. Jay also noticed a difference in himself and commented that he was less restless and anxious.

However, he did still complain of poor sleep, and this continued to be a problem throughout the healing programme.

After completing Jay's treatment he continued to attend for maintenance healing. This was delivered by reflexology as he was more comfortable with this approach. He told me that he had not felt unduly anxious for a considerable length of time but that when he did, he was able to deal with the situation and not dwell on problems. He became more proactive with his health. When he began to feel anxious, he would seek Reiki treatment rather than his previous solution of gaining solace from cream cakes!

Jay's healing also contributed to an increased sense of self-confidence and independence. His family had not wished him to undertake complementary healing of any kind. In the past, if he went against their wishes he would become distressed. Although going against the family grain still affects him, he is now able to make choices for himself without feeling guilty.

Jay entered a period in which he stopped attending for healing. During this time he went to hospital to discuss his mental health and course of medication. He explained to the consultant that he was aware of a mild deterioration in his wellbeing. The consultant suggested that he should resume his healing

programme. After receiving treatment Jay was once again able to regain the peace and tranquillity he had previously experienced without having to increase or take additional prescribed medication.

Maria

Background

Maria she was seven years old when she presented for healing. She was born three weeks' post nature and foetal distress was observed during labour. Her mum described her daughter as having suffered from a 'birth accident'. She suffers with cerebral palsy. Although Maria had a bright disposition, she would often become frustrated when unable to make herself understood. This would lead to temper tantrums that involved kicking and screaming. She was a little girl with a big attitude! However, she was seldom reprimanded for her behaviour.

Maria suffered from sight impairment and partial seizures, which her parents described as 'jitters'. She also had spasticity to her right-hand side but was able to sit up and raise herself from the lying to sitting positions using her strong abdominal muscles. She was, however, unable to bear her own weight.

Socially Maria was interactive and reacted positively, especially with her father. Mum described her as a 'daddy's girl'. Maria enjoyed music and found great pleasure in being surrounded by sound.

Maria suffered from disturbed sleep patterns which were generally worse in the autumn and winter seasons and slightly better in spring and summer.

Due to Maria's birth trauma, the hospital where she had been delivered had agreed to pay compensation. However, the family were still waiting to receive the full amount of the settlement. This was putting a considerable amount of pressure on Maria's parents who wished to buy a house and adapt it to her specific needs. They also needed to consider her future requirements and to provide a suitable house for the rest of the family and their expected baby.

When Maria presented for healing, she was able to nod to 'yes' and shake her head to 'no'.

Treatment/healing programme

From the first moment I met Maria I felt an instant attraction to her. I sensed a soul connection with this little girl. It was evident that she had a great comprehension of language.

When Maria presented for healing in November, she had been going through a cycle of disturbed nights; consequently, other members of the household were not sleeping either. Mum was eight weeks into her third pregnancy and both her and the rest of the family had not slept for most of the preceding week due to Maria's almost continual nightly screaming.

Following initial consultation, Maria began her healing programme. During this period her parents noted that her sleep patterns had improved slightly and that she was more peaceful. After reflexology circuits Maria's father, who usually brought her for healing, commented that there had been no further change in her sleeping patterns. However, the hospital had now paid the outstanding balance of the compensation settlement, and the family were in a period of transition to their new house. Family members were sharing bedrooms and although attempts had been made to help settle Maria at night, including music, television and lighting, there had been little success.

Throughout Maria's healing her twitchiness returned to its normal rate of occurrence, and this would often lead to her parents cancelling appointments. Her attendance for the crystal healing was irregular and subsequently the effects of each ring were not obvious. Her parents were concerned about the rate of progress, although Maria's great aunt, who visited after the third ring, commented that she looked lighter and much more peaceful. Maria's family had hoped for great leaps in her healing even though I had explained that I could make no promises as to how she would progress at our initial meeting.

On Maria's fifth crystal healing session she began signing. I asked if she was able to see the rainbow that was beaming on to the ceiling and upper part of the room from a crystal. Her response was immediate. Several times she 'signed' the word rainbow to me, showing understanding and appropriateness of sign. Maria's family didn't use sign language at home, but it was used at school. Her father told me that the sign for rainbow was used for many words, as were other signs. I suggested that the family speak with the school and learn the signs that Maria was able to use to encourage communication between them. I felt that Maria was sharing a wish to express and be understood. She looked happy and was giggling in the clinic and signing the word rainbow to her great aunt.

After a one-month interval Maria presented for her sixth crystal healing. During this period of absence from the clinic the family had moved house and Maria had had difficulty in settling down and adjusting. Maria's room was a distance from the rest of the bedrooms and the family were now able to employ a night sitter, so the rest of the family were enjoying a better sleep regime.

The morning before coming to the clinic Maria had vocalised the name Hannah which is the name of her great aunt. When she saw me, she became very excited and signed the word rainbow. She was laughing and saying the word Hannah repeatedly. I'm not sure who was the most excited, Maria or myself, as my name is Anna!

Four days following this healing session Maria's father rang the clinic and cancelled all further appointments. There had been many changes within the family unit and Maria's father could no longer commit to bringing her to the clinic. I was deeply saddened as I felt that Maria was at last beginning to communicate. I can only suppose that if she had completed the programme this skill would have grown and developed further. Being understood brings its own difficulties as anyone with children will know.

The ten appointments that Maria attended spanned four calendar months. The change that I witnessed in her was truly alchemical in nature and as Maria was one of my earlier clients within this programme of healing, I can only suggest that had her attendances be more regular, more growth may have occurred.

Maria was and always will be a beautiful girl and a joy-giving person, and I feel that she will continue to bring that joy to all whose lives she touches.

Rose

Background

Rose was a first child and the labour with her had been long and complicated by a deep transverse arrest. She was eventually delivered by forceps. Rose's mum had suffered flu-like symptoms when she was pregnant.

After birth Rose slept very little and screamed all night. She ate well but often the food would pass undigested, being hurried through her system. She developed

severe eczema and her skin was in constant eruption as an infant and young child. Her development was delayed, but Rose was sociable and smiled often.

She was late learning to crawl and walk and at 18 months, although able to smile and chew, she still needed to be carried everywhere.

From birth Rose suffered from seizures. At the age of two these were diagnosed as Grand Mal epilepsy. By four she had such severe food allergies that her skin was constantly covered in hives. Her communication at this point was totally non verbal. She did not vocalise and was mostly silent up until the age of seven.

No formal diagnosis was made of her difficulties and condition but at the age of seven she was given the working diagnosis (label) of autism to enable schooling support.

Treatment/healing programme

At an initial meeting with Rose's mother, she explained that she would have difficulty bringing her to the clinic. This was because Rose undertook no activities outside of school and often refused to go anywhere. At this time she was 13 and was strong for her age. Her mother expressed a wish for Rose's two brothers to receive healing also. Sean, the youngest brother, had a good relationship with Rose and would often encourage her to do things with him. I planned for Sean to receive healing first so that if he was comfortable with the clinic he could convey this to Rose.

I showed Rose's mother some simple, yet powerful, healing techniques to use on her until the planned appointment in six weeks' time. The techniques would also mean the subsequent healing I would administer would not be a completely strange experience.

With much preparatory work in the six weeks prior to Rose's appointment, on the day of her first treatment she walked straight into the clinic reception and healing rooms with an entourage of mum, grandma, brothers and myself!

At that specific time Rose's capabilities were described as follows:

'She was able to dress and undress, but she refused to wear underwear, skirt, jumpers or coats and would only wear one pair of slip-on shoes regardless of the weather. She slept well and would go to bed around 11.30pm - 12am and waken around 7am. She was fully toilet trained, and since receiving healing from her

mother she did not wet the bed at night. She had a good relationship with her family, enjoyed school - especially the social aspect - but not the work. Her relationship with the carers who provided respite for her mother was also good and she had known them for a considerable length of time.'

At the first session, I was unable to complete a short reflexology session, but Rose did manage to stay in a highly positively charged atmosphere for almost an hour, remaining peaceful while her brothers received healing.

At the following visit Rose refused to allow me near her feet. As she had enjoyed tea and biscuits on the previous visit I told her that she could not have any if she did not allow the treatment. She did not allow the treatment and accepted that there would be no biscuit! Although it was several weeks before I was able to begin the healing programme, Rose did allow her mother to continue with healing at home. Subsequently Rose explained to her grandma that she felt things in her legs when I touched her feet.

The changes in Rose were soon noted. At school her teachers said that she was more communicative and at home she began to sit and attempt simple jigsaw puzzles.

Once Rose allowed me to administer reflexology, there were rapid changes in her development. Her mother now described her as a 'hormonal teenager'. Rose had to be reprimanded over her behaviour on a family shopping expedition and consequently she stormed off and began pacing the aisles on her own.

Previously her mum and grandma had never been confident enough to allow her to walk unsupervised in case she ran away. They noticed that she remained walking parallel to them and that she kept an eye on where the family was at all times. That particular week, Rose decided that she wanted to join in all the school activities.

Rose's social skills developed rapidly too. After healing and refreshments she began to return her cup to the receptionist and thank her. She began to flow more with activities. At her first attendance at the clinic her movements had been angular and sharp and they were now much softer. At home she began organising things for herself and became more independent.

That Christmas, after eight weeks of attending clinic, Rose blossomed again. She began socialising and communicating more effectively. Her general focus improved. She enjoyed helping around the house with tasks such as loading the dishwasher.

Rose's mum also underwent a great change in herself as she began to allow her daughter more freedom. This was a challenging, but positive, transition for mum.

In the New Year Rose resumed healing largely thanks to the encouragement by her grandma. Rose still did not like reflexology administered by me, but this had to be received as certain reflex points needed to be stimulated effectively before progress could be made to the crystal ring alignments.

During this period of healing Rose began to glow. Her movements became more fluid and she was calmer. She began to vocalise and attempted to form words - J would mean James, TT would mean time and she would answer 'yes'. She took to watching television and her interest in programmes changed. She would actively watch and participate in interactive shows. Her eating habits also changed. Rose always had a healthy appetite and would often use her hands to eat with. She still did so at home, but in public she would use knives and forks and eat more sedately.

Her home management skills improved and she would place laundry into the washing machine, run the bath and place the plug in so that the water would not escape. She even tried on underwear while having her period, although it was not kept on. She was able to amuse herself for up to two hours at a time instead of requiring constant attention and supervision.

On completion of the crystal alignments Rose became very angry and moody. However, when she had her next period she did allow sanitary protection to be taped to her trousers. Because of the changes in Rose we agreed to repeat the crystal alignment circuitry. During the second half of this cycle she once again became mellow and more independent -in spite of the fact that the healing venue had relocated, the family had moved and she had started attending a new school. Rose continued to integrate well into family life and, although the changes did induce a greater focus to her food obsession, the relationship between her and her mother grew more tender and affectionate.

With this new independence Rose was now able to manage her morning care and breakfast by herself. Prior to attending the clinic she received breakfast in bed and had to be carried to the bathroom. During this growth cycle Rose allowed her hair to be cut without a fight. Her relationship with her brothers became more pleasant and fun and she would allow physical contact to her head and neck. Her father found this significant, as she had never allowed such touch before. She would often sit and listen to music and discovered her own likes and dislikes.

Schoolteachers noticed that she was now joining words together, the first example being: 'dad's home' (*this was true*). She also became more aware of her emotions and, when reprimanded, would cry and try to make amends.

With the second circuit of crystal ring alignments completed we had progressed so much that Rose allowed me to perform reflexology for 20 minutes. This meant I was able to maintain her alignment. During these sessions we would talk about school and she would speak about James. She would blush and giggle and her throat would become red as she tried to explain that James was a boy in her class.

As summer changed to autumn Rose presented to clinic wearing a jumper and coat -this would have been unheard of one year ago. She joined a youth club and enjoyed socialising with others of her own age. She became interested in hair accessories and nail polish.

Due to home circumstances and Rose's needs she had to be placed in residential care the following Christmas. She immediately struck up a friendship with a young man in the same home and her social skills improved yet again.

Although Rose's mother expressed concerns that she was not being challenged academically anymore I felt that the peace she had gained and the life skills she mastered were of great importance for Rose's development and growth.

Jimmy

Background

Jimmy was three and a half years old when we met. His mother had suffered with a difficult birth. Her waters had ruptured and she required 24 hours of chemical induction before he was born. Jimmy would constantly cry from birth and this was put down to colic. At four weeks he was admitted to hospital because of a urinary difficulty.

Jimmy is the middle child with an older sister aged four and a younger brother aged 20 months. When Jimmy presented for healing his mother had just discovered that she was six weeks' pregnant.

One week prior to treatment I consulted with his mother. She described his

presenting symptoms as, disruptive; violent; uncontrollable temper; unhappy, rarely smiling; poor eating and sleeping patterns; possible hearing difficulties and developmental delay; inability to socialise with other children; obsessive (especially with toy trains); and attention seeking.

Other difficulties included clumsiness, a lack of focus and an inability to reason. His drawing ability was poor and he had not developed a proper grip. He was bed wetting nightly.

Jimmy was diagnosed as having Aspergers, ADHD, genetic anxiety disorder and oppositional defiance disorder by a child psychiatrist. His mother was told that he would require one-on-one attention always and that his condition would continue to worsen. Because of a speech delay an appointment had also been made with a speech therapist.

Treatment/healing programme

At the end of my first consultation with Jimmy's mum I showed her some simple healing that she could administer before his appointment the following week.

Mum's desire at this consultation was that Jimmy be happy.

When Jimmy arrived at the clinic, I met a young boy who was smiling, had red cheeks, ate rusks, played with his trains, engaged in conversation and showed an awareness of the conversations taking place between myself and his mother. While playing with his toys he would interject in our conversation. His mother informed me that he had only bed wet once that week.

For the first few weeks that Jimmy attended the clinic there were difficulties regarding temper tantrums, sleep and also his dad's cynicism towards the healing. During this period it was noted that Jimmy's imagination had come to the fore in his play and that he had begun to recognise emotions in drawings and pictures. He also recognised his name, which I had written down for him. He held his crayons in a pincer grip while making pictures for me.

At creche Jimmy began to play and interact better with other children and he made a special friend. His eating here also improved, although at home he would not eat and mealtimes remained very disruptive. His sleep patterns began to improve as well as his speech, although this was still very repetitive.

As we progressed to the crystal alignments his speech continued to improve, as did his social skills. He was now sleeping better and was much calmer and happier. His

interest in toy trains also receded and he showed no distress when he left one in the clinic after a healing session. Previously this would have caused tantrums. Jimmy also began gaining weight as his eating started to improve.

Halfway through the crystal phase his family were invited to a large party and everyone commented on Jimmy's behaviour and how it had improved, they even noted that he was far better behaved than most of the other children at the party!

The changes in Jimmy were so great, but because they occurred daily, I was not sure that his mum was able to see the distance journeyed by him week by week. By the time we had completed the crystal alignments Jimmy was four. He was playing football with his peers on Saturday mornings and had also settled into a new school with very little difficulty.

I asked Jimmy's parents to give an assessment of the six months' healing, and this included his dad's acceptance of healing!

- *'Jimmy's level of extreme anxiety is reduced, and he is able to verbalise his fears.'*
- *'A better appetite and overall eating much better.'*
- *'Sleeping better- although still disturbed nights.'*
- *'Communication improved -speaks nonstop!' 'Bright and inquisitive.'*
- *'Jimmy can still be difficult and challenging with respect to his behaviour and he will cry hysterically at no provocation.'*
- *'Still stubborn and headstrong.'*
- *'Overall confidence in self is still low, but there has been an improvement.'*

Interestingly, neither parent mentioned at this appraisal the happier child he had become, although all the observations and comments written over the past six months mentioned him being calmer, happier and smiling more.

Annie

Background

Annie was a late developer. She did not speak her first word until she was eight and a half months old. She was still a 'bottom shuffler' at 16 months and didn't walk until 17 months, although after that her walking developed rapidly. She was a spirited child who would never do what she was asked. Her attention span was

short and she had a destructive nature, frequently ripping books and wallpaper and scribbling on anything available.

At 27 months Annie had no speech at all, in fact she had not spoken since her first word at eight and a half months. Annie was scared of strangers, and this fear even extended to her family if she had not seen them for a few weeks. Annie would frequently sleep well at night but was used to taking long naps during the day.

Treatment/healing programme

Annie presented for healing at 27 months with her grandmother. Annie's sister had just started full-time school and it was thought that she was missing her.

At our first session she allowed me to put an aromatherapy-blended peace cream on to her feet. Following the application she cried and sat very still in the corner. She did not engage with anyone or anything in the therapy room. Her second visit was no more successful, except that she now played boisterously in the room.

On the third visit she was very subdued and sat quietly with her grandmother. Annie's grandmother explained that this was unusual behaviour, as she would never sit still at home. Once again she allowed the peace-promoting cream to be applied to her feet and after ten minutes she expressed a wish to leave the room. Following this session Annie's behaviour at home improved. This was especially noticeable towards her father, whom she rarely saw due to his work commitments. Annie's grandmother also received a hug from her for the first time.

When Annie attended the following week I was greeted with a smile. She was much more playful and allowed her feet to be touched. She had begun to vocalise and said the word 'grandma'. At the fifth session, Annie surprised her mother with her unexpected behaviour. She walked into the busy reception area in a relaxed manner and didn't cry. On this occasion I asked her mother if she would gently massage Annie's feet at home, so she would get used to the experience. Her mother agreed to do this.

Although there was a four-week gap before Annie attended again, she allowed me to touch her feet on her return. The subsequent appointments for the reflexology sessions were much easier and she would greet me, jump onto the mattress on the floor and even offer me her feet! At this time her mother expressed concern that she was not talking and only using single words very occasionally. She would

communicate mainly through a series of grunts. On a positive note she was engaging in play with her sister and this would involve lots of physical activity and running around. However, she was still exhibiting her temper by throwing things.

After ten weeks of healing there had been some significant improvements in Annie. She was smiling more frequently and was interacting with her family in a positive manner. She even began to use her potty. When Annie came for healing, she would be singing and she even vocalised the word 'Yeah'.

The reflexology and healing continued, amid some family difficulties. Annie's obsessive nature became more evident, especially in her play. This was observed within the therapy setting where she would line objects up in a particular order and continue to do so until they suited her requirements.

With the difficulties at home the healing became more intermittent. By the end of the crystal ring alignments there had been a change in family circumstances and Annie's mum had started work. Annie began to have disturbed nights. Because she now enjoyed the touch of reflexology I would massage her feet within the crystal ring charge. Her sleep improved rapidly once I began this addition to her therapy. However, there was a regression in her behaviour at this point. It appeared as if Annie was aware that she should be speaking and was unable to do so. She began to grunt in an animated manner.

The programme of healing took nine months to complete and at three years of age Annie had a vocabulary of approximately 32 words. Her skills improved as she became more in tune with her family. She began to engage in simple tasks like buttering bread, washing and tidying. She also began drawing, although this was mainly circles and squiggles. Annie started to see to many of her own needs such as dressing and toileting and she became much more independent. There had been no change to her behaviour in regard to stacking and lining up toys, yet she did begin to play with some of them. At this point I felt that Annie would benefit from a second set of crystal ring alignments.

During this phase of healing Annie was more expressive and animated. She would use her hands to illustrate her speech and her progress was accelerating. Annie became considerably more affectionate and sociable, which pleased her mother. Halfway through the second set of crystal alignments Annie began to speak to me.

At the age of three and a half Annie began nursery and really enjoyed the experience. Unfortunately, she was asked to leave because she was difficult to

manage. This saddened Annie and she would come to see me and talk about school and tell me that she was not attending.

By completion of the second set of rings Annie was talking continually. She was extremely happy and enjoying taking part in family outings. She was now able to visit the cinema and sit through films without disturbing anybody else.

Annie returned to school when she was four and a half. She was assessed as having the capabilities of a three-year old. However, the teachers were not concerned as it was felt that she would eventually catch up with her peers. Three months later she produced a piece of text that was considered extremely accomplished for a child of her age.

Kim

Background

Kim was nine years old when she presented for healing. As a baby, Kim frequently had colic and became 'like a rod of steel' during these almost permanent episodes. Kim had difficulties with dyslexia/dyspraxia, although this was not officially diagnosed. As a result of being a victim of bullying, she also had problems forming lasting relationships with other children.

Initially, Kim attended mainstream primary school, but a combination of literacy and numeracy difficulties, bullying from one particular child, and a general dissatisfaction with the provision of state education for Kim's needs, meant that her mother began to tutor her at home. Kim had little contact with other children and only had a few friends. She spent much of her time in adult company.

Kim's family is very spiritually aware and they meditate regularly. They incorporate their spiritual beliefs and practices into their everyday lives. Her parents have always felt that she was a '*special*' child and they have attended workshops with Kim related to this area. Kim expressed that she knew she was different from around the age of five. She is able to read auras, can describe vividly her Guide and frequently connects with her '*friends up there*'. Kim's father identifies a lot with many of Kim's difficulties and says that '*he was just like that as a child.*'

Kim is very creative and enjoys art and music. She is very well co-ordinated when dancing. Kim finds hand-eye co-ordination tasks, such as ball skills, very difficult.

Treatment/healing programme

Kim presented for healing with the following difficulties: a lack of concentration and co-ordination; unfocussed/dreamy; literacy and numeracy difficulties; a poor sleep pattern; wheat and brown flour intolerance; sensitivity, especially to her solar plexus (and emotionally from bullying); relationship difficulties with other children; an extreme energy sensitivity to electrical items, in particular computers.

Her programme was structured to include six weeks of focus IHS reflexology circuitry, 12 weeks of crystal rings and six weeks of focus reflexology circuitry. It also included daily use of kyanite crystal (carried and use to thymus) and Heart of Light (carried), alignment technique, peace and alignment creams and rescue remedy.

Although Kim did not like the alignment cream she was extremely fond of the peace cream. She had a dislike of kyanite, mainly because she knew that she did not want to be '*down here*' and the crystal may be used for grounding and alignment. Even so, on her first week of healing Kim purchased a piece of

kyanite and she used it without reminders. Kim found the Emerald Alignment quite difficult, but again this was due to the fact that she did not want to be '*down here*'.

After the third focus reflexology session Kim had a sudden breakthrough. She found that she was better able to cope with some of the subtraction difficulties she had been experiencing in maths. Up until this point she had generally felt very 'floaty' and found it difficult to keep still during healing. By the fourth focus reflexology session she was completely relaxed. She was able to lie still as the reflexology sessions progressed.

With time Kim became more accepting of the alignment techniques and was more organised. She also became grounded and was able to concentrate for longer periods of time. Kim's mum was now able to set her work and leave her to complete it, something she could not have done before.

Having progressed so much with home tuition, Kim was able to return to full-time school in the locality. She made lots of friends and began to excel as a leader and helper on a school outdoor education holiday.

As Kihl progressed to secondary school she began to settle in to a new and demanding schedule. She still continues to use the healing tools that are available to her (kyanite, peace cream and alignment to name but a few) and she attends for regular appointments to receive reflexology for maintenance work.

Emily

Background

Emily is an extremely gifted artist who produces great works on the medium of silk. She began silk painting in 1996/7 and although naturally creative, she found the practicalities of life difficult to deal with. Emily used drugs in her younger years. Prior to healing she had the ability to 'spin' anyone she spoke to in a thousand directions at once. With her gentle and generous nature there also lived a stubborn streak. Emily was a woman of duality.

She had a history of attending for healing for many years; despite this she still remained unfocused. Her mind would produce many thoughts per second, and she would spin them in all manner of conflicting ways. Emily particularly struggles in the winter months when previous bad habits have a tendency to creep up on her.

Treatment/Healing programme

Initially Emily attended a one-year healing programme to cleanse her energy field of the drugs she had used in her younger years. Following this, and a programme of crystal ring alignments, she returned to finish her addiction-healing programme. This strengthened both her body and her energy field. During this period, she would see me in order to maintain her focus.

Emily found the healing difficult and although she had a tendency to slip into bad habits and laziness, the trend was upwards and onwards. She required discipline and structure in order to avoid reverting back to her old habit and whirling thoughts.

Emily was given tasks to help align mental focus and clarity. These tasks were viewed as healing 'homework'. She never failed to deliver and, as healing progressed, this exercise became easier for both of us.

A free-flowing painter, Emily acquired a new patience. She began experimenting with her work and practising techniques. Previously this would not have been possible, as she did not have the ability to take the time to appraise her work.

When she did manage to still her mind and meditate, Emily would often receive visions that would enable her to create her next 'healing' silks.

As healing continued, Emily began forward planning her work and exhibitions. Exhibiting was a new, and sometimes difficult, experience. Although she would sometimes seek assistance, she mainly administrated all the business arrangements herself. She was able to work through her fear of organisation and began to communicate her healing work to others, something she previously found difficult.

Emily's inspiration was now flowing, and this was showing in the rate at which her work was progressing. Her paintings changed considerably, and she was reaching new standards of professionalism. On a personal level, she gained the confidence to enrol on a business management programme. Although she somewhat struggled with this and found it difficult to follow a formulated pattern, she was still able to create a business/activity plan for the following year.

Even with continued healing, Emily still experiences difficulties taking her silks to larger venues. When she is worried her thought processes once again become cluttered. The difference now is that she does not remain unfocused for long periods of time and she is able to overcome her problems.

As Emily was able to open up in her paintings, more opportunities presented themselves. She now teaches silk painting to students at colleges of further education; sells silks in shops nationwide; and has been offered the chance to take her work abroad. Her painting continues to grow and develop. Emily still struggles slightly in winter but the imbalances she experiences are significantly less compared to previous years.

Emily's growth has been in the integration of her left and right mental functions. This has enabled her to become more whole as a person and is reflected in the standard of her paintings. She is a happier and more rounded person with the ability to cope with whatever life throws at her.

Appendix B – Patterns of Addiction

Crystal Healing for Drugs and Alcohol addictions and misuse

To begin to understand addiction and substance misuse from a metaphysical perspective, aspects of the incarnating soul's make up should be considered. Some elements that should be looked at include answers to questions such as: What is it that prompts someone to become a victim of an addictive substance very easily, and someone else does not? What drives the craving, and what presses the self-destruct button of many of these suffering souls? Most importantly, may anyone truly return from the depths of addiction, and if so, how?

To begin to address some of these questions, it is necessary to look at the energy patterns held within the auric field of the incarnated soul. The pattern of addiction has been chosen in Light, by the soul herself, in order to overcome the nature of deep physical cravings. That is not to say that all who carry such energetic imprints will become addicts. They will not. Some will become overweight or obese, having grown large through the constant need to fill their bodies, for they see food as a pleasure stimulus to their physical energy. Others will become infatuated with another pleasure stimulus - all of which they had intended in Light, prior to birth – so as to recognise on earth something of a trap door which would open to them, and to which they would have an opportunity to overcome, and say 'No', and walk away. In doing this the soul would have passed the first test placed before her. If the soul does not say 'No', then the soul opens a door to a turning point in the life, an unfortunate turning point, yet necessary for soul growth. This soul who has had lives where she has had the patterns of identifying with the physical life is now walking through this trap door into an energy pattern which will ignite greatly to a compounding pattern of addiction that will be immensely difficult to overcome, or the soul will step onto a platform where she is open and vulnerable to a great vortex of negative energy. Each encounter will 'catch' the energy of the soul and pull her in. The greater the learning, the more vulnerable the soul is to the invitation of addiction energy.

The above may be illustrated by the following examples.

A man could have been dealing with the energy of addiction for the past ten lives, resulting in a great and ever compounding pattern growing in his energy field and is ready to surface and emerge. He incarnates into the current life and encounters

his connection to the grip of a drug at age 15. He takes one tablet of ecstasy and one of two things may occur. The soul may decide to limit further damage and so retreats from the physical life knowing that nothing shall be achieved from continuing the incarnation, as the man had already failed the test, and the only outcome is of a negative energy load, or he becomes immediately ignited to the energy he carries from previous lives. From that day on, no-one would recognise the young man that they knew before he took the ecstasy tablet. Deep ingrained patterns of negative energy would immediately rise, and the soul would only choose this option if she had other souls around her to offer to them opportunities for soul growth and development. These opportunities are many, but one may be that he does not survive, but this life of addiction offers soul learning for his family and friends as they care for him in his plight.

Another illustration may be the case of a young man who in a very short space of time has gone from smoking marijuana socially to full blown heroin addiction. This entire process has taken just four months. He looks, sounds and behaves like someone who has been using drugs for a very long time. Viewed from a metaphysical perspective it is seen that he had a pattern of weakness to both drugs and alcohol, and this pattern is deeply compounded in his energy field. He has fallen into the same trap yet again.

For another soul, just the smell of alcohol or drugs would be sufficient to ignite a massive warning to her intuition. The smell would ignite to the energy the beginnings of a craving that will most surely, without help take the soul to leave their physical life. This would most probably be a tragic and unseemly death.

If society ever has the foresight that we all may be open to the weakness of addiction, then preventative healing may become a matter of course, just the same as other physical disease prevention programmes which are undertaken. The prevention and Light building programme has specific configurations for drug, alcohol and combined predispositions. Anyone who would attend a clinic seeking help may be helped if they express a willingness to change. Crystal healing programmes would be used to enable them to reduce their need for the substances and alcohol. The crystal healing programmes use configurations of crystals for active users and other configurations for when they have reduced addiction to a recovery state. The crystal healing programme for substance and alcohol addiction or misuse consists of three phases.

The opening phase which is universal and applicable for both drugs and alcohol dependency, and is given to everyone who attends the clinic. It enables the

therapist an opportunity to talk to the person, their family and friends, gain greater insight into individual difficulties and patterns. It is also an opportunity to encourage family, friends and carers to attend for healing, as the addiction has affected those around him, and will continue to do so as progress is made on this healing journey. This opening phase may be administered once or twice weekly, and a total of eight sessions is administered. This opening configuration of crystals effects a radical shift in the energy field empowering the person and enables the therapist to assist more greatly in the person's choice to heal the addictive patterning that they carry. Drug and alcohol addiction is a closing off, a numbing, a desensitising and escape from reality. The energy of addiction is so embedded that many addicts do not have the strength or the hope that they can stop. The opening configuration of crystals allows and will help the person have hope and strength that they may stop the addictive patterning. There will be successes and failures.

The second phase of crystal healing configurations are for active users and are reflective and appropriate for the length of time of the substance use and addiction. The programmes are different for alcohol and drugs. The length of time for this phase of healing is generally 12 months. In certain situations, it could be lessened. There is no requirement to stop using drugs or alcohol before entering the treatment programme, just the genuine desire to change. Reduction of use is subtle and happens during the healing programme.

A simple format has been devised that is administered to the compounding energy dependent on the length of time of drug or alcohol misuse. This is because the longer the use, the greater the energy is compounded and ingrained into the energy field, and so then, the greater the crystal energy would be required to break the pattern of the drug or alcohol addiction that has fastened into the body and energy field. During this phase of healing, for some who attend, it will seem that much has been achieved, yet they would still be vulnerable. It is important to recognise there will be dropping off points, and so to endeavour to continue the treatment for as long as possible. If after dropping off, they return, there still has to be a twelve month consecutive cycle in order to progress to the following healing phase.

The final phase is begun when a person has undertaken the second phase for 12 months, and their use of drugs or alcohol is significantly reduced or ceased. The recovery programme consists of bimonthly treatments and lasts for a further 12 months. This recovery phase Light builds and strengthens the energy field after it has been cleansed and the energy patterns removed via phase two

Some addicts will be dependent on prescribed medication rather than the misuse of illegal substances. The same principles and treatment apply to their healing programmes.

The sooner a person attends for help, the better and easier it is to heal them. Even if a person has a great compounded difficulty, but with a willingness to change, much can be achieved for the soul. It can even mean that the breaking of the compounding of the pattern succeeds enough that in the following incarnation, should the soul need to return, she may be able to work off that energy holding in another way. For example, a man may have a life where there have been alcoholics in the family and he then goes on to become a centre worker for the homeless. Even if the person shows little progress in the physical life, it cannot be underestimated what that person is achieving for the soul. For some to simply say, 'I am an alcoholic' is enough to begin to turn the tide of that compounding in their energy. That is why Alcoholics Anonymous is such a precious gift to the planet at this time.

If the addict can progress through the programme they will be truly healed and will not return to their former state. They will have received a life altering treatment. Their energy will be as strong and robust as anyone's who has not incarnation with an addiction patterning in their energy field. All the configurations are Light managed, that means that the soul has received that which she requires. Unfortunately, there are no short cuts as the energy field of an addict is seriously damaged and will remain so until the energy field is cleansed and healed. Miracles do occur. This is why this gift of crystal healing for drug and alcohol addiction and misuse is so very important.

Some examples follow which illustrate how and when the different crystal configurations may be used.

A mother of a 13-year-old girl has become aware that some of her daughter's friends were experimenting with drugs. The mother has discussed this with the girl, who assures her parent that she has not taken or experimented with drugs herself. The mother is not convinced that her daughter will not succumb to the social pressures and situations she may find herself in. The mother believes she has been tempted but is too scared to try the drugs.

If the daughter is willing, she would be able to receive crystal healing to cleanse and build Light protection. Her life plan has placed her in a position of a gateway to use drugs, but also in a position to receive preventative healing. This young girl may become changed in her view of drugs and through the healing be ignited to a

natural avoidance of them. She may continue her friendships yet be much stronger in her convictions not to succumb to addiction. She may quickly and naturally evolve from that life test. The test may have been to discuss this with her mother, and to have the choice to receive healing. In this way she may have freed herself from all involvements to becoming drug dependent. If the girl had already experimented with drugs, then her energy field would be sullied with the substance and now any healing needs to address how much and to what degree she has ignited to her the addiction patterning within the energy field.

For someone who has used drugs or alcohol in a sustained way and has had a period of recovery, say four years, but with no healing whatsoever, they still have embedded negativity held within their energy fields. Such a person would receive a certain configuration of crystals for eight sessions, and then a configuration of crystals which would mirror the time they have used drugs or alcohol. This healing cycle would be of 12 months duration. They would then receive a different crystal healing configuration for a further 12 months.

For a person who has had a four-year recovery and has received other forms of healing, the energy would still be embedded within their energetic make up but not as strongly. In such a case, there would be a configuration of crystals for eight sessions, then instead of a 12-month cycle, a cycle of eight months healing could be used mirroring the length of time the substance was used. This would then be followed by a different recovery configuration for 12 months.

A man attends the clinic with concern that his daughter's behaviour has changed. She has become difficult, sneaking out at night, and has admitted to drinking much alcohol, but has assured her father that she has not taken drugs. This girl cannot receive the preventative crystal configuration for alcohol as she had admitted to using alcohol, but she may receive the drug prevention configuration. Following this, she should attend for chakra balancing for two weeks, as this would assist her with regards to her health and wellbeing and will help her in times of stress. Chakra balancing does so much more. The body and energy systems will be rebalanced as much as is karmically possible in accordance with her life plan.

Another man may attend the clinic raising concerns about his son. His wife was addicted to alcohol, and his son has been greatly distressed at his mother's passing which was due to a drink related illness. The son is 19 years of age and has been very anti-drink because of his mother's lifestyle and the pain it had caused to the family. The father recognised that his mother-in-law was also an alcoholic. He fears for his son, worried that he would be at risk for addiction to

drugs or alcohol through the family genetics. There is a genetic risk, although this has yet to be medically supported. This young man has a direct and obvious predisposition to using alcohol, so a preventative cleansing programme of crystal healing would be administered. If he had been the son of a woman who had used both drugs and alcohol, then he would undertake the combined configuration programme of prevention to cleanse and protect from alcohol and drugs.

From a soul perspective, a soul may choose a life where there is great energy about her connected to potential addiction. The incarnate soul may be so repulsed at what they see and experience that this a further factor to their turning the tide, or to add to their connection to the difficulty of the soul's plight.

A newborn baby who has been exposed to drugs or alcohol in utero from an addict mother, may also embark on a healing programme to release, strengthen and protect from any addictive energies that the baby may encounter in its life.

Below are a selection of cases that have attended for crystal healing for drug and alcohol addictions.

Solomon

Solomon presented with drinking problems, wishing to stop drinking, but he did not believe that he was an alcoholic, but others around him said that he was suffering addiction. He initially came because of pressure from his family - who is very supportive of him - as he was to be married in a few weeks after he presented. He had lost a few jobs and his driving licence due to alcohol. Solomon did admit to being a different person after he would binge drink and his behaviour would alter. He would make nasty phone calls to people and generally behave in an unpleasant manner.

He had one healing session, did not take any alcohol at his wedding, and had been dry for five weeks, but realised that he was becoming desperate for a drink, but had not given in to the craving. After a few more sessions of the opening treatment, he had a binge on vodka for three days. Following this binge episode, his new wife began attending for healing. She received reflexology and she said that it had helped her enormously, not just with Solomon, but in other areas of her life. On completing the opening phase, Solomon felt much happier and certainly more at peace.

After a year of attending the clinic, during which time, Solomon would sneak a drink but always disclosed this to his wife. This in itself, was a great change in his behaviour. After attending clinic for almost two years, Solomon's life had improved. He began to exercise and also had begun gardening, which he would never do before. He returned to his previous occupation.

Solomon began to go out socially once a month, he would only have a couple of pints as he never wanted more. Relationships with family and friends strengthened. He stopped attending clinic, because of the great improvement in his life, but said he would return if things became difficult once more.

Solomon, did not return, and he did not receive the recovery crystal configurations.

Suzanne

Suzanne presented at 36 years of age. She had a history of drug and alcohol abuse spanning 20 years. Her father died when he was just 46 years old, due to alcohol addiction, her home life was very chaotic from the age of 14. She began smoking cannabis, drinking and using cocaine from the age of 15. When she was 20 years old, she realised that the drugs were giving her paranoid thoughts, so she stopped using them, but still continued with excessive drinking.

Having a steady, loving and long term partner, with whom she had two children, Suzanne wished to change. She began attending for crystal healing which she enjoyed very much but stopped attending when realising that it was beginning to bring about a change in her. A pattern of attending clinic and then 'dropping off' continued for several years. Eventually, she committed to the programme, and after about six months was annoyed that she could only drink half a bottle of vodka at parties rather than a full bottle. She reduced her drinking from four or five nights weekly to just once. Alcohol stopped occupying her thoughts and she no longer craved a drink.

Suzanne completed the crystal healing programme. She would often go for weeks without taking a drink of alcohol, and began working with community groups helping people with addiction problems.

Caroline

Caroline, a woman in her 40's presented with rheumatoid arthritis, diabetes, hepatitis C. abnormal liver functioning due to a fatty liver because of alcohol abuse. She had three sons, only one was not addicted to drugs or alcohol.

Caroline suffered abuse at the hands of her father from a very young age. She has forgiven him and they have a good relationship.

Despite having dreadful family problems, Caroline attended for crystal healing, and was coping with the family situations well, accepting that she cannot change family members. On the medical side, she was responding well to hepatitis C treatment without any side effects. She did develop oral thrush, and this caused her mouth to feel dry. After a few more sessions of crystal healing, the dryness receded, and her mouth felt moist again.

Caroline began to feel much better emotionally. Although the chaos in her home was not altering, she ever increasing acceptance of what she was unable to change was a continuing positive change. She was admitted to hospital for wrist surgery, and the medical staff who treated her for hepatitis C were amazed at how well she was, as many patients would develop unpleasant side effects.

Caroline continued to attend clinic following surgery, and she had very many positive good days than bad. She began to eat better, her skin improved, as did she both emotionally and mentally, and had not wanted to use alcohol at all.

Unfortunately, after 12 months attending the clinic, Caroline became too unwell to continue with her healing, as the arthritis affecting her became very active and too painful for her to continue travelling.

Martin

Martin, a young man in his 20's, who smoked cannabis and had been using LSD from age 14. He always smoked but only injected when finances allowed. His father had died due to alcoholism. His grandmother smoked and drank much alcohol.

At the age of 19, Martin began using heroin daily for two weeks and became very dependent on the drug. He had recently been diagnosed with depression and was taking antidepressants. He would occasionally take ecstasy, diazepam and amphetamines.

He began the crystal healing programme, and initially he would feel a lightening, a hoe which would only last for the day that he received the crystals. During this time, he also began experiencing memory loss. After five circuits of the crystals, Martin began to feel less depressed, and t bothered him that his mother was constantly concerned for him. He asked me to speak to is mother about his debts.

He then did not present to the clinic for two months, and when he did, he looked very pale and unkempt. He had begun taking amphetamines and diazepam weekly. He noticed that this made him very forgetful, and he acknowledged the need to break the habit, but he admitted that there was a part of him that didn't wish to. His attendances became less regular; he admitted to injecting amphetamines as he enjoyed the whole process. He then stopped attending the clinic, but his mother would come regularly.

A year later he returned to the clinic. He was suffering from paranoid schizophrenia and had been detained under the Mental Health Act for one month. He had become very childlike and his mother was caring for him. He was fatigued and sleeping all the time due to the medications he was prescribed. He was withdrawn, apathetic and had no joy left within. Due to the difficulty of him coming to the clinic, he eventually stopped attending. Martin's mother would occasionally present as she was able to do so.

David

David was a man in his 40's who presented with long term drug abuse. He suffered a stroke at the age of 27 due to his lifestyle. He would hear negative voices inside his head, was very angry and reluctant to converse with anyone.

At his first presentation, he requested 'a head rub'. I gave him a head massage which totally changed him. He thanked me and said that he had never felt so peaceful. He began to attend clinic weekly. I continued with weekly head massages for him, and he also attended weekly meditations.

I discussed crystal healing with him to which he agreed. Ove the following few months, the change in David was remarkable. The anger receded. He had lost contact with his mother and two daughters who would not see him because of his violent outbursts. He had begun to build bridges with them. His mother, who was widowed, relocated towns to be close to David. One daughter allowed him access to his granddaughter, and after sometime, he was allowed to look after her.

He continued to attend weekly for healing alternating with crystal healing and full body massage administered by a colleague. In the following months his mother also began attending for therapy as she had a terminal illness. A lovely lady who adored her son and was so grateful to have the son she loved back in her life.

When she passed, David was so accepting of the passing and so grateful for the time he had with her, which would not happen without the change in him. Shortly after the death of his mother, David was diagnosed with cancer, which was inoperable and terminal. He was very accepting of this and at peace.

David was a beautiful soul. He died about four months after his diagnosis, and before passing had asked his daughter to ask us to be at the funeral service. It was a great honour, as only 10 people were allowed to attend due to 'lockdown'. It was a joyful occasion with people speaking of the fun loving person he had become.

He had also been four years free of his addiction.

Jacob

A mother who had a strong family history of alcohol misuse, presented to clinic asking if her son may receive the prevention and protection crystal healing for alcohol. Her father, brother and sister were binge drinkers, and the father of her son was an alcoholic drinking copious amounts of alcohol daily. She herself, carried the imprint of potential alcohol misuse in her energy make up disclosing that as a young adult, she would always take a glass of wine, before going out socially, so she could relax as she found social gatherings difficult and stressful for her shy and introverted personality. One morning as she was readying to go to her place of employment she had a glass of vodka in her hand. She used the vodka to 'steady' her before arriving at work, as she was unhappy with her employment at that time. She realised what she was doing could very easily become a greater problem than being unhappy at her workplace. She made the choice not to take the drink, and threw it away. At that time she was unaware of holistic healing, energy field patterning or reincarnations.

Her son underwent the prevention and protection programme. Over two decades later he enjoys using alcohol in moderation socially, not requiring it to enable him to have a good time. He generally chooses to be the designated driver for a social event, if this is called for. His alcohol use has not hindered him in any way in his successes in life and career.

Two sisters

A couple who had both used drugs in the past had two daughters. The mother had undertaken much general holistic healing and the addiction programme and did not use drugs at all. She would take alcohol. Her partner was still an active user. She asked if her two daughters may receive the prevention and protection crystal configurations. Since they were 11 and 13 years of age, the decision was theirs to make, and they were asked if they wished to receive the healing.

The younger daughter underwent the healing programme, and she has not used drugs, drinking only socially and responsibly as she entered adolescence and adulthood. Her sister did not wish to receive the crystal healing. She became a troubled teenager using drugs and alcohol. However, with time she did receive occasional treatment from the clinic, but no sustained programme. Currently, her life is positive, and she has, at least turned her life around when looking through the lens of the physical eyes. Metaphysically, she still carries the imprint of drug and alcohol use in her energetic make up which may surface again in this life, or in a subsequent incarnation.

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