

Disease: A Friend in Disguise

By Gayle North

" In addition to our physical body which is so obvious to all of us, we have three subtle bodies. We have a body of spirit, a mental body, and an emotional body. Our physical body is tangible to us because its vibration is the slowest. Our three other bodies exist as fields of higher vibratory energy around our physical body. These are fields around us that influence the health and wellness of our physical body."

–Carol Tuttle author of Remembering Wholeness

Disharmonies in the subtle bodies, like unexpressed buried emotion and negative beliefs, have a powerful influence on our bodies.

One of the responsibilities of our physical body is to signal when we are out of balance. A physical symptom is a message that it is time to notice and release emotional and mental disharmonies. By paying attention to what the body is trying to convey, deep beliefs and emotional patterns that have been hidden from our conscious thinking mind can be cleared.

Much has been written on the subject of the mind-body-spirit connection. Louise Hay is probably the best-known author of books on the subject. In her book, *Heal Your Body*, a quick reference guide to physical symptoms and their mental/ emotional origins, she teaches: "The mental thought patterns that cause the most disease in the body are criticism, anger, resentment, and guilt. For instance, criticism indulged in long enough will often lead to diseases like arthritis. Anger turns into things that burn and infects the body. Resentment long-held festers and eats away all the self and ultimately can lead to tumors and cancer. Guilt always seeks punishment and leads to pain." It is so much easier to release negative emotional and mental patterns with the clearing technologies and healing arts we have available to us today. People who pay attention to their inner feelings and the subtle signals from their physical bodies can prevent many physical conditions from developing.

When clients come to see me saying, "I am a diabetic"; "I am attention deficit"; "I am overweight"; "I am depressed"; it is easy to notice how they have made their problem part of their identity. "I am" statements are a powerful way to tell their body and the universe what they believe to be true about themselves. By using "I am" statements, they are directing their body and all of its intelligent components; "This is my identity so act accordingly." These statements also confirm that their faith is in the condition rather than in their power to heal.

In *Remembering Wholeness*, Carol Tuttle states; "Every dysfunction and disharmony we create also has a hidden value to us. We have created it at a deeper level because we believe it is the only way we can make sure we have our needs met. We are usually unaware that we are getting value out of our dysfunctional patterns because the payback is hidden from our conscious mind. When we become aware of the value these patterns give us, we are free to let them go and meet our needs in healthy ways."

If you are suffering with physical ailments, or are getting some early warning signs, begin your discovery process with a healthy statement that supports you in overcoming disharmonies. You can write your own statement. Here is a suggestion: " I now choose to get the messages, clear the disharmonies, and heal all parts of myself that have been getting something out of the _____ (condition), my body has been experiencing. I accept myself and love myself deeply and completely, just as God loves me. I am open to inspiration from Spirit as I embrace the truth of my perfection." If you pray, pray to be open to guidance and insight related to the

emotional and mental origins of your condition. Work with the new energy therapies, such as the Emotional Freedom Technique or BE SET FREE FAST, to release all anger, resentment, guilt, hurt and sadness of the past that may be stuck in your physical body or subtle bodies.

You are always using your faith. You may use your faith -your belief- for or against your well-being. Begin to develop and use your faith for healing and you will receive healing - if it is part of your divine plan to heal. Express gratitude to your body for the messages it provides and gratitude to your higher power for your body and the power of regeneration inherent within it. All is well

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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