



## The Birth of A Dis-ease

*The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.*

-Thomas Edison

*Faith is to believe what we do not see; and the reward of this faith is to see what we believe.*

-Saint Augustine

Emotions are energy, actually I prefer to reference them as “energy in motion” or E=motion.

In my last entry I talked about the depletion of energy (color/emotions) and how to correspond particular emotion centers with a color. Once this distinction is made, you can apply the information to related areas within the physical body.

It is possible to detect the area of discomfort and identify the corresponding emotions based on the arrangement of your “colors”. You may not literally “see” the colors surrounding the body, yet you can HEAR a person’s “colors” by listening to their language. You can OBSERVE a person’s “colors” by studying their body language. Listening to the language (verbal communication) and observing body language (non-verbal communication) can offer great insight into “emotion management”.

Your body is a machine which functions best when functioning in present time - in the “now”. Most illnesses manifest due to energy taken from your present existence and “given” to the past or “given” to the future. I often equate each emotion center to a colored ball of yarn. You give and give (unravel) this yarn (E=motion) from a particular center in your body. This center of focus relates to a certain aspect of your life and the corresponding emotions of that center.

*When there is not any “yarn”(energy) left, your body then becomes energetically “bankrupt.” This might make you think of the term “frayed” in a whole new light.*

Programmed by your thoughts, each cell has a consciousness; an awareness of its function and identity. Dis-ease materializes when cell consciousness is disturbed, out of balance. Understanding the seven basic emotion centers and their corresponding colors and thought associations can help you determine what issues you may be preoccupied with and what color and corresponding affirmations you may want to introduce into your daily routine.

It is important to understand where you are directing your thoughts and emotions so you can begin to change your scripting regarding the situation that is creating the imbalance. Your body manifests the

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issues you have kept buried and unrecognized, your conscious issues already have your attention and are being dealt with continuously, it is the ignored, buried “stuff” that creates the imbalance.

Unresolved emotions get trapped and buried. In my workshops, I explain that our lives (and our health) are where our thoughts resided three, six, twelve months ago. Therefore, it is a good practice to reflect on your life and issues surrounding fear/stress prior to the manifestation of the lesson. Our mind uses our body as a final resort when we have not paid attention to the whispers. A couple of years ago I wrote about the “feathers” of guidance and when we did not pay attention to those feathers, the universe would drop an elephant on our head. Dis-ease is the elephant getting our attention.

### **Where to Begin?**

As you begin to delve into the tissue issue even closer, the next step is to observe if the issue is on the left side of the body, or the right side of the body. This helps to narrow down the particular direction (the motion) of the energy...e=motion.

*The Left Side* represents the feminine, and this can indicate whether or not we are directing our emotions toward predominate feminine energy in our life. Notice I did not state “female” specifically, although it definitely can be, and if you are a woman, it could be self, or it could be sister, mother, daughter, aunt, grandmother, mother-in-law, daughter-in-law, female co-worker, boss, even an effeminate person (gay or not).

The Left side is all about receiving, accepting, allowing, opening the flow to opportunities. What one is receiving or allowing depends on the location of the lesson, a foot or leg is about not allowing yourself to move forward, your hip would represent issues with allowing direction, or perhaps lacking direction. Arm or hand would represent accepting or receiving something, while shoulder would be a burden or task you are taking on. Each location on the body represents in a sense the literal FUNCTION of that body part. If you were to just think about the actual function of that part of the body, you will begin to put together the body’s agenda.

*The Right side* represents the masculine, and this can indicate whether or not we are directing our emotions toward predominant masculine energy in our life. Again, I did not state “Male” specifically, although it definitely can be a male figure. If you are male, it could represent you, but it may also represent a father, brother, grandfather, son, uncle, son-in-law, boss, clergy, or a masculine energy (person-lesbian or not).

The Right side is all about letting go, releasing, and moving on to new opportunities. Just as in the left side description, it depends on the location of the lesson to determine just what (or whom) you need to release.

After “right” or “left” has been identified, it is then location in the body that will give us further direction, by “location” I refer to the actual body part, not yet delving into the specific tissue and its function. Therefore, understanding location and specific function of that body part can begin to help us discern why specific emotions are trapped (or stored) in a specific region of the body.

Next entry we will talk about “location, location, location” and begin to look into the Birth of a Disease part by part...Blessings!