

## **Illnesses and Their Hidden Meanings**

As a means of helping you better understand what energy can tell you about yourself, let's look at some of the most common illnesses and hidden meanings behind them.

**Heart Disease** is associated with people who tend to over commit and push themselves too hard. They struggle with never having enough time to do all the tasks on their plate and are burdened with the responsibility of taking care of other people. These people are always stressed, pressed for time, and rushing too much. They suffer from an urgency addiction and keep their body in a prolonged state of fight-or-flight stress reaction.

**Food Allergies** begins with a change in the intestines and are brought about by chronic ph imbalances in the digestive tract. A diet balanced in acid and alkaline foods helps manage food allergies as does eating foods compatible with your blood type. Food allergies are related to habitual feeling of low self-esteem, being emotionally overly sensitive, and the chronic need to please others. They can be also brought about by sustained feelings of being out of control.

### **Chronic Infections Sinus, bladder and kidney.**

An increased intake of dark green leafy vegetables helps keep the liver functioning properly and assists in maintaining a healthy ph balance in the digestive tract. Foods rich in alkaline are beneficial, as are red fruits and vegetables. The root cause of these chronic infections are anger, resentment, feelings of hate, and the excessive tendency of being emotionally out-of-control and emotionally volatile. Chronic sinus infections represent the suppression of intuition.

**Hyperglycemia and Hypoglycemia** are caused by glucose imbalances and involve the thyroid. However, the origin site of these malfunctions is in the pancreas. Fear,

feelings of despair, grief, and hopelessness throw the pancreas off -balance and upset the blood sugar's delicate balance. People who do things for other people's reasons and not their own or whose behavior is dictated by the "should and should not" have a higher susceptibility to these ailments, as do people who find it difficult to express their emotional needs.

**Diabetes** is caused when insulin production of the pancreas becomes exhausted, decreases and may even stop being produced. Chronic feelings of despair and hopelessness are at the root cause of this illness. When a person loses the sweetness of life and becomes burdened with the struggle of life, it is not uncommon for diabetes to surface.

**Hyperthyroidism and Hypothyroidism** occurs when there's an imbalance in the production of thyroid hormones. Hyper means too much production and hypo means too little production. The thyroid is responsible for metabolism. Frustration around the inability to express oneself emotionally is a root cause of this illness. People who tend to be too nice, or hold in their emotions or are unwilling to express feelings, desires and needs tend to have a higher susceptibility for this illness.

**Cancer** energetically, occurs when there are strong feelings of abandonment, betrayal and fear of being alone. It is the root cause of cancer. Cancer has been called the disease of the nice people because they tend to hold in their emotions rather than creating conflict. People who tend to have a higher predisposition to cancer seem to have patterns of behavior which encourage them to overextend themselves both mentally and emotionally for others, and who tend to put emotional needs of other people before their own.

## SPIRITUAL MEANING UNDERLYING DISEASES

### (A-B) SPIRIT MEANING-DISEASES & AFFIRMATIONS

**ACNE:** Not Accepting or disliking self

**AFFIRMATION:** The love and acceptance I have for myself is reflected in my outer appearance

**ADDICTIONS:** Running away from self, Not facing the fear. Not knowing how to love the self.

**AFFIRMATION:** It is safe to look within for the answers I seek.

**AIDS:** Feeling defenseless and hopeless. Denial of the true inner being, or sexual guilt

**AFFIRMATION:** I love and appreciate all of myself for the unique, powerful and capable person I am.

**ALCOHOLISM / ABUSE:** Futility, guilt, inadequacy, self-rejection

**AFFIRMATION:** I live in the now. Each moment is new. I choose to see my self-worth. I love and approve of myself.

**ALLERGY & HAYFEVER:** You are allergic to someone who or yourself denies your power

**AFFIRMATION:** The world is safe and friendly. I am safe. I am at peace with life.

**ALZHEIMERS:** Refusal to deal with the world as it is.

**AFFIRMATION:** There is always a new and better way for me to experience life. I forgive and release the past. I move into joy.

**ANKLE PROBLEMS:** Inflexibility and guilt Inability to receive pleasure.

**AFFIRMATION:** I deserve to rejoice in life. I accept all the pleasure life has to offer.

**ANOREXIA:** Denying the self and life. Extreme fear of rejection.

**AFFIRMATION:** It is safe for me. I am wonderful just as I am. I choose joy and self-acceptance.

**ANXIETY / NERVOUSNESS:** Distrust the natural flow of life.

**AFFIRMATION:** I love and approve of myself and I trust in the process of life. I am safe.

**ARTERIOSCLEROSIS:** Hardened narrow-mindedness.

**AFFIRMATION:** I am completely open to life and to joy. I choose to see with love.

**ARM PROBLEMS:** Can't hold on to life's experiences.

**AFFIRMATION:** I lovingly hold and embrace my experiences with love and joy

**ARTHRITIS:** Feeling unloved, criticism, resentment

**AFFIRMATION:** I am love. I now choose to love and approve of myself. I see others with love.

**BACK (upper):** Lack of emotional support, or feeling unloved.

**AFFIRMATION:** I love and approve of myself. Life supports and loves me.

**BACK (middle):** Guilt. Stuck in all that stuff back there or Get off my back.

**AFFIRMATION:** I release the past. I am free to move forward with love in my heart.

**BACK (lower):** Financial woes and concerns.

**AFFIRMATION:** I trust the process of life. All I need is taken care of. I am safe.

**BALDNESS:** Fear, tension. Trying to control everything and not trusting in the process

of life.

**AFFIRMATION:** I am safe. I love and approve of myself. I trust life.

**BLACKHEADS (pimples):** Small outbursts of anger.

**AFFIRMATION:** I calm my thoughts and I am serene

## **(B-C) SPIRIT MEANING-DISEASES & AFFIRMATIONS**

**BLOOD PRESSURE:** HIGH (hypertension): Longstanding emotional problems not solved. LOW: Lack of love as a child. Defeatism. "Whats the use? It won't work anyway."

**AFFIRMATION:** HIGH: I joyously release the past. I am at peace. LOW: I now choose to live in the ever-joyous NOW. My life is a joy.

**BONE BREAKS:** Rebelling against authority.

**AFFIRMATION:** I am the only authority in my world for I am the only one who thinks in my mind.

**BOWEL PROBLEMS:** Fear of letting go

**AFFIRMATION:** I freely and easily release the old and joyously welcome the new.

**BREAST (left):** Feeling unloved, refusal to nourish oneself. Putting everyone else first.

**AFFIRMATION:** I am loved and nourished by all around me

**BREAST (right):** Over protection, over bearing, difficulty in giving love.

**AFFIRMATION:** I embrace and trust life knowing that I am safe and loved. I choose to love and be loved.

**BREATHING PROBLEMS:** Fear or the refusal to take in life. Not feeling worthy to take

up space.

**AFFIRMATION:** It is my birthright to live fully and freely. I am worth loving. I now choose to live life fully

**BRONCHITIS:** Inflamed family environment.

**AFFIRMATION:** I experience peace and harmony within myself and all around me. All is well.

**BRUISES:** Self-punishment.

**AFFIRMATION:** I love and cherish myself. I am kind and gentle with myself. All is well.

**BULIMIA:** Hopeless terror. Purging self hatred.

**AFFIRMATION:** I am loved, nourished and supported by life. It is safe for me to be alive.

**BURNS:** Anger, burning up inside.

**AFFIRMATION:** I create only peace and harmony within myself and in my environment. I deserve to feel good.

**CANCER:** What's eating at you? Deep hurt, secret or grief.

**AFFIRMATION:** I lovingly forgive and release all of the past. I choose to fill my life with joy. I love and approve of myself.

**CARPAL TUNNEL:** Anger and frustrations at life's seeming injustices.

**AFFIRMATION:** I now choose to create a life that is abundant. I am at ease.

**CHOLESTEROL (high):** Clogging the channels of joy.

**AFFIRMATION:**

**CIRCULATION:** Lack of joy or the lack of circulation of ideas.

**AFFIRMATION:** Joyous new ideas are circulating freely within me

**COLDS:** Too much going on at once. Mental confusion and disorder.

**AFFIRMATION:** I allow my mind to relax and be at peace. Clarity and harmony are within me and all around me.

**COLIC:** Mental irritation. Annoyance with surroundings

**AFFIRMATION:** This child only responds to love and loving thoughts. All is peaceful.

### **(C-F) SPIRIT MEANING-DISEASES & AFFIRMATIONS**

**COMA:** Fear. Trying to escape from something or someone.

**AFFIRMATION:** We surround you with safety and love. We create a space for you to heal. You are loved.

**CONSTIPATION:** Refusing to release old ideas

**AFFIRMATION:** As I release the past, the new and fresh and vital enter. I allow life to flow through me.

**COUGHS:** A desire to bark at the world. "Listen to me!"

**AFFIRMATION:** I am noticed and appreciated in the most positive ways. I am loved.

**DEPRESSION:** Anger, hopelessness.

**AFFIRMATION:** I now go beyond other peoples fears and limitations. I create my own life.

**DIABETES:** Longing for what might have been. No sweetness left in life.

**AFFIRMATION:** This moment is filled with joy. I now choose to experience the

sweetness of today.

**DIARRHEA:** Fear and rejecting. Running off or away from something/someone.

**AFFIRMATION:** My intake, assimilation and elimination are in perfect order. I am at peace with life.

**DIZZINESS:** Flighty, scattered thinking.

**AFFIRMATION:** I am deeply centered and at peace with life. It is safe for me to be alive and joyous.

**EAR PROBLEMS:** Not wanting to hear. Anger or too much turmoil

**AFFIRMATION:** I hear with Love

**ELBOW PROBLEMS:** Not being flexible, not able to change directions or accept new experiences.

**AFFIRMATION:** I easily flow with with new experiences, new directions and new changes.

**EYE (astigmatism):** Fear of "seeing" the self

**AFFIRMATION:** I am now willing to see my own beauty and magnificence.

**EYES (cataracts):** Inability to see ahead with joy

**AFFIRMATION:** Life is eternal and filled with Joy

**EYE PROBLEMS: (children)** Not wanting to see what's going on in the family

**AFFIRMATION:** Harmony and joy and beauty and safety now surround the child.

**EYE (farsighted):** Fear of the present

**AFFIRMATION:** I am safe in the hear and now. I see that clearly

**EYE (nearsighted):** Fear of the future.

**AFFIRMATION:** I accept life and am always safe

**EYE STY:** Looking at life through angry eyes. Angry at someone.

**AFFIRMATION:** I choose to see everyone and everything with joy and love.

**FAINTING:** Fear, can't cope, blacking out what's really going on.

**AFFIRMATION:** I am strong and powerful and I have the knowledge and ability to handle everything in my life

## **(F-H) SPIRIT MEANING - DISEASES & AFFIRMATIONS**

**FEET PROBLEMS:** Fear of the future or not wanting to move forward.

**AFFIRMATION:** I understand clearly and I am willing to change with the times. I am safe.

**FEMALE PROBLEMS:** Denial of the self and rejecting the feminine aspects within.

**AFFIRMATION:** I rejoice in the feminine. I love being a woman and I love my body

**FEVERS & INFECTIONS:** Anger, burning up.

**AFFIRMATION:** I am the cool, calm expression of peace and love

**FIBROIDS:** Nursing a hurt from a partner, a blow to the feminine ego

**AFFIRMATION:** I release the pattern in me that attracted this experience. I create only good in my life

**FINGER (thumb):** Worry, always thinking. Being 'under someone's thumb'.

**AFFIRMATION:** My mind is at peace

**FINGER (index):** Fear of authority, or egotistical; abusing your authority.

**AFFIRMATION:** I am secure

**FLU:** Responding to mass negativity. Putting too much faith in statistics.

**AFFIRMATION:** I am beyond group beliefs or the calendar. I am free from all congestion and influence.

**GAS PAIN (flatulence):** Undigested ideas or concerns.

**AFFIRMATION:** I relax and let life flow through me with ease.

**GRAY HAIR:** Stress, feeling under pressure and strain.

**AFFIRMATION:** I am strong and capable. I am at peace and comfortable in every area of my life.

**GUM PROBLEMS:** Inability to back up decisions. Being wishy-washy about life.

**AFFIRMATION:** I am a decisive person. I follow through and support myself with love

**HAND PROBLEMS:** Grasping on to tight, not wanting to let go. Not 'handling' things well.

**AFFIRMATION:** I choose to handle all my experiences with love and with joy and with ease.

**HEADACHES:** Self-criticism. Not wanting to accept what is going on

**AFFIRMATION:** I love and approve of myself. I see myself and what I do with eyes of love. I am safe.

**HEART ATTACK:** Squeezing all the joy out of life, in favor of money or position.

**AFFIRMATION:** I bring joy back to the center of my heart. I express love to all.

**HEARTBURN (reflux):** Clutching onto fear. Not trusting in the process of life.

**AFFIRMATION:** I breathe freely and fully. I am safe. I trust the process of life.

**HEART PROBLEMS:** Lack of joy, dealing with issues from anger, not love.

**AFFIRMATION:** My heart beats to the rhythm of love

**HEMORRHOIDS:** Fear of deadlines. Afraid to let go and move on.

**AFFIRMATION:** I release all that is unlike love. There is time and space for everything I want to do

#### **(H-M) SPIRIT MEANING-DISEASES & AFFIRMATIONS**

**HERNIA:** Ruptured relationships, feeling the burdens.

**AFFIRMATION:** My mind is cleansed and free. I leave the past and move into the new. All is well.

**HIP PROBLEMS:** Fear of going forward in major decisions.

**AFFIRMATION:** I am in perfect balance. I move forward in life with ease and with joy at every age.

**HYPERACTIVITY:** Feeling pressured and frantic

**AFFIRMATION:** I am safe. All pressure dissolves. I AM good enough.

**HYPERVENTILATION:** Resisting change. Not being able to take it all in.

**AFFIRMATION:** I am safe everywhere in the Universe. I love myself and trust the process of life.

**IMPOTENCE:** Sexual guilt or pressure, feeling spite against a previous mate

**AFFIRMATION:** I now allow the full power of my sexuality to flow with ease and with joy

**INDIGESTION:** Dread or anxiety about a recent or coming event

**AFFIRMATION:** I digest and assimilate all new experiences peacefully and joyously

**INFECTION:** Irritation, anger or annoyance about a recent situation.

**AFFIRMATION:** I choose to be peaceful and harmonious

**KIDNEY STONES:** Lumps of undissolved anger.

**AFFIRMATION:** I dissolve all past problems with ease.

**KNEE PROBLEMS:** Inability to bend. Stubborn ego & pride. Fear. Inflexibility. Won't give in.

**AFFIRMATION:** Forgiveness. Understanding. Compassion. I bend and flow with ease, and all is well.

**LARYNGITIS:** Fear of speaking up.

**AFFIRMATION:** I am flexible and flowing

**LEFT SIDE OF BODY:** The feminine side. Represents receptivity, taking in, women, mother, love.

**AFFIRMATION:** My feminine energy is beautifully balanced.

**LEG PROBLEMS:** Fear of the future, not being able to carry things forward.

**AFFIRMATION:** I move forward with confidence and joy, knowing that all is well in my future.

**LIVER PROBLEMS:**(hepatitis) Resistance to change. Fear, anger, hatred. Liver is the seat of anger and rage.

**AFFIRMATION:**My mind is cleansed & free. I leave the past & move into the new. All is well.

**LUNG PROBLEMS:**Depression, grief or fear of life. Not feeling worthy.

**AFFIRMATION:**I have the capacity to take in the fullness of life. I lovingly live life to the full

**MENOPAUSE:**Fear of no longer being wanted.

**AFFIRMATION:**I am balanced and peaceful in all changes of cycles and know that I am loved.

## **(M-S) SPIRIT MEANING-DISEASES & AFFIRMATIONS**

**MENTAL ALERTNESS & SENILITY:**Returning to the "safety" of childhood. Demanding care and attention.

**AFFIRMATION:**I am safe and life is peaceful. The intelligence of the Universe operates at every level of life.

**MIGRAINE HEADACHE:**Sexual fears, or fear of being close, letting someone in too close. Feeling driven or pressured.

**AFFIRMATION:**I relax into the flow of life and let life provide all that I need easily and comfortably. I love Life!

**MENSTRUAL IMBALANCE(PMS):**Rejection of one's femininity. Guilt or feeling "dirty".

**AFFIRMATION:**my bodily processes are a natural part of life. I love and approve of myself.

**NAUSEA:** Fear, rejecting an idea or experience.

**AFFIRMATION:** I am safe. I trust the process of life to bring only good to me.

**NECK PROBLEMS:** Refusing to see another's side or position. Stubbornness.

Who/what is being a pain in the neck?

**AFFIRMATION:** I am peaceful with life

**OVERWEIGHT PROBLEMS:** Fear, feeling a deep need for emotional protection.

Running away from feelings, insecurity.

**AFFIRMATION:** I am at peace with my own feelings. I am safe where I am. I create my own security. I love and approve of myself.

**PAIN:** Self punishment, feeling emotional guilt.

**AFFIRMATION:** I lovingly release the past. They are free and I am free. All is well in my heart now.

**PROSTATE ENLARGEMENT:** Mental fears weakening the masculinity. Sexual pressure and feelings of guilt or inadequacy.

**AFFIRMATION:** I accept my own power. I embrace life and feel young in spirit. I love and approve of myself.

**SEIZURES:** Running away from the self, family or from life.

**AFFIRMATION:** I am at home in the Universe. I am safe and secure and understood.

**SHOULDER PROBLEMS::** Carrying the weight of the world on your shoulders. Feeling like life is a burden.

**AFFIRMATION:** I choose to allow all of my experiences to be joyous and loving.

**SINUS PROBLEMS::** Irritation to someone, usually someone close to you.

**AFFIRMATION:** I choose to declare peace and harmony with all the individuals around me. I surround myself with love and goodwill.

**SKIN CONDITIONS:** Anxiety, fear, feeling threatened.

**AFFIRMATION:** I lovingly protect myself with thoughts of joy and peace.

**SLIPPED DISK:** Feeling unsupported in life.

**AFFIRMATION:** Life supports all of my thoughts; therefore, I love and approve of myself and all is well.

**SOLAR PLEXAS:** Ignoring 'gut reactions', or your own intuitions.

**AFFIRMATION:** I trust my inner voice. I am strong, wise and powerful.

## **(S-Z) SPIRIT MEANING-DISEASES & AFFIRMATIONS**

**SORE THROAT:** Holding in angry words. Feeling unable to express the self.

**AFFIRMATION:** I release all restrictions, and I am free to be me.

**SNORING:** Stubborn refusal to let go of old patterns.

**AFFIRMATION:** I release all that is unlike love and joy in my mind. I move from the past into the new and fresh and vital.

**SPASMS:** I release all restrictions, and I am free to be me.

**AFFIRMATION:** I release, I relax and let go. I am safe in life.

**STOMACH & INTESTINAL PROBLEMS:** Dread, fear of the new, or not feeling nourished.

**AFFIRMATION:** I digest life with ease

**STROKE:**Insecurity, lack of self-expression. Not being allowed to cry.

**AFFIRMATION:**Life is change, and I adapt easily to the new. I accept life - past, present and future.

**TEETH PROBLEMS:**Being indecisive, not being able to break down ideas for analysis and decisions.

**AFFIRMATION:**I make my decisions based on the principles of truth, and I rest securely knowing that only right action is taking place in my life.

**TESTICULAR PROBLEMS:**Not accepting masculine principles, or the masculinity within.

**AFFIRMATION:**Not accepting masculine principles, or the masculinity within.

**THYROID PROBLEMS:**Humiliation. Feeling repressed or put down. Feeling as if you never get to do what you want.

**AFFIRMATION:**I move beyond old limitations and allow myself to express freely and creatively.

**TUMORS:**Nursing old hurts and shocks. Building on remorse

**AFFIRMATION:**I lovingly release the past and turn my attention to this new day.

**ULCERS:**Fear, a strong belief that you are not good enough. "What is eating away at you?"

**AFFIRMATION:**I love and approve of myself. I am at peace. I am calm.

**URINARY PROBLEMS:**Feeling pissed off! Usually at the opposite sex or lover.

**AFFIRMATION:**I release the pattern in my consciousness that created this condition. I am willing to change. I love and approve of myself.

**VARICOSE VEINS:** Standing in a situation you hate. Feeling over worked and over burdened.

**AFFIRMATION:** I stand in truth and live and move in joy. I love life, and circulate freely.