

Calin V. Pop, M.D.

The
PERFECT
ORDER
Of
ILLNESS

**The Secrets
You Need To Know
To Be Well Again**

Other books by Dr. Pop are: The Secrets of Health, Diabetes, Fatigue and Heart Disease. They are available at www.CalinPopMD.com/Books or on amazon.com

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Understanding Your Disease

**THE
PERFECT
ORDER OF
ILLNESS**

The Secrets You Need To Know
To Be Well Again

Calin V. Pop, MD

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by Calin V. Pop, MD

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* * *

“My family doesn’t know that I can fly,”
she said.

“I don’t have to tell them, do I?”

“When it is time for them to know,
You will not have to tell them.”

* * *

ACKNOWLEDGMENTS

I would like to acknowledge the many wonderful authors who helped crystallize my ideas within the pages of this book.

It is my opinion that when we read or hear something that touches our hearts, we need to appreciate that message for its value, regardless of its source. Whether knowledge comes from the highest authority in the field or from the homeless person on the corner, its intrinsic value remains the same. It is our heart that speaks through their mouths. We would not be able to appreciate someone else's opinions unless we have already held those opinions within ourselves, even though they may have been hidden and ignored. In order to truly perceive an idea, we must resonate with it. The time has come to focus on the message, not on who said it. Once we get beyond judging our sources, we can accept or reject ideas based on their true, intrinsic value.

For these reasons, there will be no sources listed after quotations, nor will footnotes be used, as I find them interruptive. The sources of many quotes will be in the bibliography at the end of the book. There, the reader can access them, preferably after he or she has made a decision whether to accept the point of view or not.

I hereby offer my acknowledgements, gratitude, and deep appreciation to all my sources of inspiration.

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* * *

**When we are aware of causes,
We can always influence the results.**

**The only problem is, we are often unaware
of real causes, so we become stuck trying to solve
something we do not understand.**

* * *

INTRODUCTION

Are you truly *aware* of what is going on in the world around you, of what is going on within you? Someone said long ago that the only true lack in the world is a lack of awareness. When awareness changes, the world around us always changes accordingly. Awareness is the most powerful tool available for your progress, and by becoming aware you can heal your medical challenges instantly.

The purpose of this book is to help you become more aware. My primary goal on these pages is to offer you the tools you will need to awaken a new awareness and a new understanding – an understanding that you can apply in many ways throughout your daily life. Health care treatments and techniques abound in today’s modern society, but too often, they end up being nothing more than “crutches,” treating only the symptoms and not solving the actual underlying problems. Aren’t you ready for something more profound, something deeper, something more meaningful and long lasting? I believe the answer lies not in yet another healing modality, but in a powerful change of awareness, a replacement of a habit, and a new way of living life.

This book was written for everyone interested in the real causes behind illnesses. If you want to read this book and glean important lessons from it, you will not need to be a medical expert. You will find simple, easy to understand information in these pages – information that will help you lead a more productive, healthier life. My goal is to improve your awareness in a way that you can truly understand.

As you read on, feel free to jump ahead to the sections that seem most useful to you; however, you will probably benefit more from enjoying this journey in a step-by-step fashion. How do I know this method works? Because step by step, I arrived at this understanding over the course of many years.

You might be wondering how this happened. One day, I was asked to give a seminar. I was provided with a small chart intended to help me, a Chinese symbolic correlation table (**Chart 1, pp. 34-35**). I became intrigued by the unusual relationships between human organs and other elements on the chart. Medically speaking, the chart did not make any sense whatsoever, but then I realized that the connecting element was a symbolic correlation of conditions.

I started to read more about symbols and gradually came to understand more about *symbolic mirroring* – really an intriguing concept. This led to a chain reaction in self-discovery. As I became more aware of the mechanics of my own inner workings, curious circumstances began happening to me. At the time, I was dealing with relationship problems and was simultaneously ordered to do a rotation in cardiology. It seemed interesting that my symbolically “aching heart” was suddenly surrounded by heart disease. Was this a coincidence or not? Within a month, I learned that I had to let go of some of my preconceived notions and found myself doing a rotation in kidney disease. Was it coincidental that the kidneys also have to do with letting go? I began to notice more and more coincidences, symbols, connecting my outer world to my inner self. I worked an intensive care unit rotation with severely ill patients when I had “severe” difficulties accepting myself. Have you ever experienced anything like this? When there are too many coincidences in life, perhaps they are not merely coincidental at all; perhaps something else – something larger and more meaningful – is going on. I decided to investigate the idea of the mirroring concept a bit further.

Whatever my own internal state, the patients seemed to be mirroring some aspect of it. When I was ready for a new set of experiences, they showed up, seemingly out of the blue, but nevertheless with perfect timing. The connections were irrefutable. I learned to identify my own problems by paying attention to the world around me. Thus, I became *aware*.

It was as if God were talking *symbolese* to me! But what was He saying? What was the world around me trying to teach me?

The revelation was that just as we catch flies with honey (not vinegar), in the same way we heal our bodies by respecting and recognizing disease symptoms for the telltale signs they are – not by suppressing them as “modern” science does.

Have you ever wondered why we are told, “Take two aspirin and call me in the morning?” It’s because the aspirin is a temporary solution, a way to silence the signs that something else is going on.

The belief in and awareness of symbolic mirroring is a totally new concept that is radically opposed to the present one, but it offers many wonderful consequences.

The symbolic approach to disease may reveal challenging concepts to you, personally, as well. We may perceive these challenges as “negative” because they represent weaknesses or internal conflicts. Please remember, however, that for true healing to occur, you must allow these ideas and aspects to be brought to the surface of your consciousness and face them. This book may unearth issues and feelings you have spent years trying to ignore, hide, or bury, so be prepared!

If you are arthritic, for example, you will most likely take issue with the chapters about arthritis. This is a signal for you to pay close attention, because therein you will find the key for your healing.

In order to solve any problem, we first need to be aware of it, and awareness can be either a painful or a pleasant process. Solutions are reliant on true understanding and awareness. But how do you become aware? You must start by understanding the symbolese language.

Chances are, if you are suffering from an illness, a disease, or a health condition, you have been seeking many forms of treatment and methods of bettering your health. This book was not written to reject any other methods leading to awareness or label them as better or worse. Our goal is not to recommend one healing method over another; ultimately, all healing methods are as good or as bad as we believe them to be.

Let me ask an important question: Do you deeply trust *science* or *wisdom*? Do you think they are one in the same, or do you know the difference between them?

Here is the major difference: Science always says, “Prove it, and we will believe it.” Ancient wisdom, on the other hand, suggests that we always create our own experiences based on our knowledge and expectations, not the other way around. Even quantum physics and old scriptural texts agree with this concept. Wisdom is not better or worse than science – only different – and it may lead us to an equally or a different wonderful set of new experiences. So, is wisdom better than science, or vice versa? The truth is, when we are open to both ideas, it is akin to being ambidextrous. The more choices we have, the more the universe expands, and this results in more freedom and opportunities.

It is not a matter of what is right or wrong, correct or incorrect; but rather, what is *real*, or even better *what is my choice*. So, how do you establish what is real? The answer is: focus. If you can create realities through your focus, you can build new realities simply by changing your focus, by consciously placing your attention in different directions. For example if we focus on the blessings around the world will seem nicer.

All of a sudden, if we follow this concept there is nothing to prove, because your attention is a matter of choice and acceptance rather than proving. If you follow this idea further, you are now back to – albeit far beyond – the ideas of faith, belief and religion.

Ultimately, “every truth is a seed within a bigger truth” You must practice being open to bigger truths – and this book will help you do just that.

Why do you have migraines, diabetes, arthritis, cancer, constant colds or allergies? What’s the point, in the grand scheme of things? Why do human beings have to go through illnesses and difficulties? Is the universe out to get you? Perhaps you feel this way.

While it may be difficult to accept the idea that illness itself may have a serving purpose, accepting this concept is all a matter of widening your perspective. Illness can be a tremendous source of growth and wisdom, whether this is consciously acknowledged or not. If you can get past your anger, fear, and dismay at the presence of illness, you can learn a great deal from it.

Symbols can be powerful tools in helping us understand human nature and the process of illness. They can also help us to regain openness, harmony, and spirituality in our lives. They draw us together to enhance our connection with nature and human consciousness. When they shine a light into a shady corner, the darkness disappears. When we shine open-minded awareness into an inner disturbance, it will transform into a positive quality.

If you are asking, “Why am I sick?” you may very well find the answers you seek within the pages of this book.

I believe your sickness – whatever it is – carries valuable information that you need to know. If you learn to understand your

illness, you will have the tools at your disposal to heal it. Your sickness and disease is telling you something but it talks to you in “symbolese”.

So, what will you find in *The Symbolic Message of Illness*? **Part I** of this book explores what a symbol is and how it can help you understand the reality around you. In **Part II**, we will analyze different organs, body parts, and systems from a symbolic perspective. In **Part III**, we will outline a symbolic approach to disease and briefly analyze symptoms. Some common illnesses will be explained. **Part IV** describes cells and perception. In **Part V**, the last and largest part, you will find detailed symbolic interpretations of some of the most common diseases. Examples similar to case histories will reinforce descriptions of these diseases.

As you read the pages that follow, I hope that you will see this as an adventure – a fun, delightful journey into knowing and healing yourself. This book is a guide, a tool to help you heal yourself through understanding and change. Learn to understand illness and it will go away!

EXPANDING AWARENESS

Motto: “The lips of wisdom are closed,
except to the ears of understanding”

EXPANDING AWARENESS

The purpose of this book is to offer a new perspective on health and great living. Our goal is to finally answer the dreaded questions “Why me?” and “Why now?” which so many sick people ask themselves.

I want to be very clear from the start that there is a VERY specific and EXACT reason why we are sick or in ill health. I want to make the point that there are very specific reasons why we have a headache instead of a fever and why only we have the headache and not our neighbor. There is also an exact reason why we have the headache today and not next week.

When something happens to us, like an illness for example, it may all seem random. We like to believe events and circumstances are random because if we think they are random, we cannot be in any way responsible or at fault. If events are random then it is likely that someone or somebody else is calling the shots and we are just victims. However, if you really think this through, you come to a conclusion that everything in the universe obeys universal laws. Everything... the seasons, the planets, plant seeds, and cities are all subject to natural laws, along with human growth and emotional behavior. Everything, all nature around us and within us is subject to natural laws. Most of us know this instinctively.

However, does this mean that nature is governed by precise laws - except for what we value most - the things most important to us – health, relationships, money and success in life? It is indeed very

frequent for most of us to believe that when it comes to success, money, or health – some of the most important things in life, we think that events just happen to us – that we are all governed by.... pure luck! This pure luck theory, however, does not make much logical sense. After all, Nature MUST have laws for everything, and chances are high we just do not understand them all as yet. In this book I will present to you such laws that relate to your health for your scrutiny.

The ancients expressed this idea very well by saying that “Every Cause has its Effect; and every Effect its Cause; everything happens according to the Law; Chance is but a name for Law not recognized; there are many planes of causation but nothing escapes the Law”. Chance is just a name for causes that we cannot perceive or understand.

The principle of cause and effect underlies all modern scientific thought. It is familiar to us. On the other hand it is true that the existence of something outside the Law of cause and effect “would render all natural laws ineffective, and would plunge the universe into chaotic disorder and lawlessness”. So the Law of cause and effect MUST be working at all times and all circumstances.

If we believe in the law of cause and effect, then there is no such thing as luck – good, bad, or otherwise. There are exact and specific reasons why things and events happen to us. We choose to ignore them because it may be more convenient to do so. If we explore any cause and effect relationship from the right perspective, and we finally understand it, that is a point of Great Power! This point of great power is also a point of great awareness.

Awareness is an informational concept. By expanding our awareness, we become wiser, we understand how life functions, how systems work, and what we can do about a particular situation, should we choose to do anything at all. Higher awareness and higher understanding is something we all gain as we evolve.

There is a close connection between health awareness and responsibility. It is possible that once you become aware of something, for example how toxic anger and guilt is to your health that the consequences of these emotional poisons become more intense than if you did not know better. Now you know what they can do to you. They soon become negative visualization in action.

How valuable would it be to understand how you can be more successful, have an abundance of money, or heal your physical condition? Immensely! And how do we reach this great understanding? We do that by reaching points of greater and greater awareness!

I will approach this point of awareness power in this book from the health perspective only. However, these principles are ancient and universal – you can use them for success and money or relationships as well. The principles are the same. The methods are the same too.

Albert Einstein said that problems couldn't be solved at the same level of awareness at which they were created. It is a logical consequence that in times of trouble we desperately need a greater, expanded awareness. To achieve this greater awareness, we must usually step outside of our problems to gain a fresh, new perspective. And indeed, most of the time that step outside solves the problem. After all, you can't see the picture if you are in the frame.

The greater awareness power point that I am offering here is a brand new understanding of health and illness. If you follow this system, you will understand how and why we get sick and what is the meaning of symptoms. Once we understand how we get sick and become ill, we are more than 90 percent closer to being healed, changed and transformed.

A greater awareness can change reality in an irreversible way. For example, once we are aware of how we are supposed to behave as

kids or how to make money, our realities and how we experience reality will change. So it is with our awareness of health and disease. Once we understand and become aware of the meaning of symptoms and causes of ill health, a whole new field of possibility in health and disease will open. We will have a new power point of awareness and an opportunity to change health outcomes if we so desire.

I say that in general we strive to become more aware. But what does it mean to really be aware or more aware? Awareness may mean taking a grander view of reality and as a consequence understand more how nature operates through laws and how these laws apply to our condition. If the whole energy field is like a multistory construction, to me, awareness is like a process of stepping out of the (spiritual, mental, emotional and physical) reality, outside on a “balcony” of the conscious mental level from where we are able to contemplate the whole (spiritual, mental, emotional and physical matrix) construction.

Expanding the levels of awareness will in turn expand the levels of truth. The truth will become deeper and more complex in a never-ending way.

What do I mean by different levels of truth? Truth is generally composed of different layers, like layers of an onion. Every truth and explanation of reality can usually be explained in a proportion of 90 to 98 percent by the current level of understanding. It is when we probe the unexplainable 2 to 10 percent that we may end up at a much grander, more encompassing, higher level of truth that contains the previous levels of truth. For example, it was only when the speed of light was probed that the theory of relativity was created and that the new truth could also explain and encompass the Newtonian mechanics. The level of truth you can grasp now is different than the level of truth you had as a ten year old. It is much larger and much changed. The truth may expand indefinitely. There is always a higher level of truth that we can never grasp. The mystics are saying that there is always a level of

mystery that is not meant to be known by man and which cannot be explained.

Similarly, if we apply the concept of higher levels of truth and mystery to the present book concepts, we can confidently say that there will always be illnesses and conditions that we cannot totally understand. There will be health conditions in which you may wonder what their meaning is and you may not come back with a satisfying answer. This does not mean that the symbolic concept is not working – it does and it did from the beginning of times – it is a universal principle. What it means is that there is something else involved that we cannot completely understand or comprehend.

There are some medical conditions that may only be explained and understood if we are prepared to integrate and explore greater truths. The problem is that many of us will be unprepared and unwilling to accept greater truths at this time in history. This is especially so with accidents, mass world events, children's conditions, genetics, etc. These conditions require understanding of a different nature that we are used to on a daily basis. Understanding these conditions requires understanding of something that is not taught in schools or discussed openly by the media.

It is important to understand that self-awareness and of others requires love. You must accept yourself and others with our problems, families and destinies.

Awareness also implies a certain distance from the issue. If we jump in too close as many healers do, we can't maintain awareness. This is why it is more difficult to be aware of yourself than of others.

How can I begin to explain and you to begin to explore greater levels of personal health awareness? In what way your everyday living, thinking and feeling affects your health?

It seems that we all live and experience a different personal reality than any other person. I like to call this personal reality our personal matrix or web of reality. We all have individual thoughts; we have feelings, past experiences, choices, doubts, concerns, and beliefs. All these are very personal and all these intertwine to produce a matrix of reality that is exquisitely unique for each of us, for the better or worse.

This unique individual, personal matrix we all have is shaping and molding our external – our outside reality. There are exact laws for everything and there are exact laws that describe the way our inside personal matrix manifests into outer personal reality. This matrix does not only relate to health issues. These laws govern relationships, finances, good looks and everything else imaginable.

The issue with having a personal matrix is that we live in it. We are all surrounded and encased in this personal matrix like a fish in the water. We can't see the forest from the trees. We do not have an exterior power point of awareness that would put the wholeness in a new perspective. This is the reason why a point of greater awareness is so important on an individual or even planetary scale.

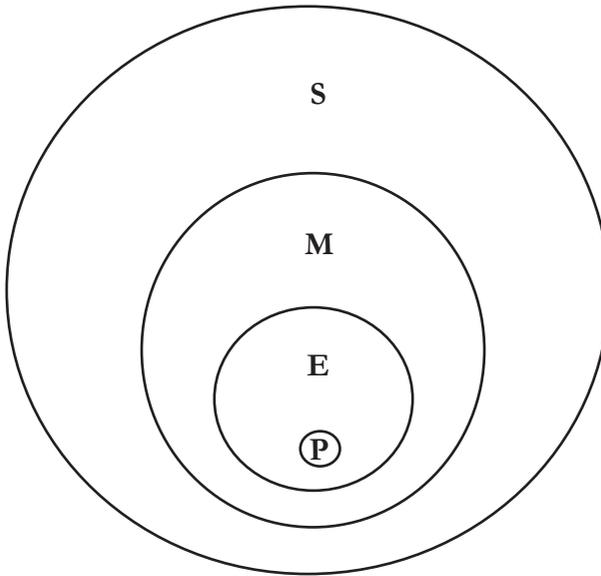
Most of the time a fresh perspective can bring amazing resolution of previous issues. A point of awareness is like an exterior view of this personal matrix that we live in, or at least like a balcony out of the matrix. From this balcony we can now see the whole construction of the personal reality.

You may ask: What are the components of this personal matrix of health that I am talking about here? While there are many levels and sub-levels that we could talk about, I am going to keep things simple and refer to some concepts we all understand easily: we all have physical, emotional, mental, and spiritual components.

All of us previously heard of these human dimensions or aspects. The subject is complex. Many health institutions nowadays claim to treat the body, mind, and spirit, but do they really live up to this high calling? Sadly, most of them do not, and those that do often only do so in a very superficial way.

Let me discuss here about features and qualities that are specific to the human energy field:

A human being can be described as a multidimensional system. These dimensions of a human being exist simultaneously as depicted in the following figure below:



Multi dimensional Systems

A.) The Physical Level (P)

Consists of the physical body. It is the densest with the lowest “vibration” of all. The physical level has it’s own specific laws which we are all familiar with.

B.) The Emotional Level (E)

Consists of feelings, sentiments, and emotions. It tunes into different frequencies and can change most of the pleasure or suffering quickly. We are used to most of them and tend to stay in a narrow range of them even though we don't have to.

C.) The Mental Level (M)

Consists of thoughts, ideas, and concepts and can change quickly. It usually has a recurrent pattern based on old choices (beliefs) or assumptions.

We all live in two worlds: the internal world and the external world. They influence each other. We can apply a point of power internally in order to affect external reality. Have you ever heard someone say they are "trying" to find happiness?" If so, they might be looking in the wrong place. Happiness is an internal reality only. Most people look for it in the external reality, but they never seem to find it. Happiness can only be found internally by deciding first, on the mental level, that we are happy.

The mental level has a conscious, a subconscious and a super conscious or higher level of mind. The conscious mind we are all familiar with. The subconscious mind connects us with all reality. The subconscious mind is the manifestor and a real power in life as is the higher mind. However, the subconscious does not distinguish between real and imaginary. The conscious mind operates with the known 10 percent of the mind; the subconscious mind is the tip of the mind iceberg and the "guardian to the gates of the subconscious." If we feed the conscious level with the right thoughts we can influence the subconscious level. This is how affirmations work. The subconscious mind (together with the "higher mind") is a source of great guidance, and a gateway to the spiritual level.

D.) The Spiritual Level (S)

The spiritual level is beyond space and time. It does not change much or often. It is the source of intelligence and guidance. It cannot be easily understood and is part of the "mystery." It is difficult to be perceived or measured and encompasses all other levels.

We all live inside several energetic levels or fields (physical, emotional, mental, and spiritual) simultaneously. Interaction between the levels implies a permanent and constant reorganization of all the levels. For example the physical body constantly reflects and represents what the person is and was thinking (mental level) or feeling (emotional level). The fields or levels penetrate each other and encompass each other, in this order: spiritual, mental, emotional, and then physical. Together they form a totality called the Personal Energetic Field (PEF) or our personal “matrix”

These energetic levels interact and communicate constantly one with another and reshape themselves continuously after each other. When one is affected they all are affected. For example, a thought triggers a new emotion, and that emotion sends energetic “sparks” to physical cells thus changing something in the way the cells operate.

- 1.) PEF distortion on any level is in one degree or another reflected in all levels of the human field. For example, if there is a distortion in the mental level, it will distort the emotional level and if not changed it will become a new emotional reality.
- 2.) The universal mirror concept states that all field distortions and rearrangements of the field for “good or for bad” will match a new exact exterior reality. There is constant, dynamic change inside and outside. An ancient principle says: as above, so below. An extension of the same principle with tremendous implications for this book concepts is: “As inside, so outside”. A rearrangement of inside and outside reality is performed all the time.
- 3.) The personal energy field or personal matrix is infinite in time and space and connects to ALL THAT IS - with the help of an even grander matrix. There is an infinite source of wisdom in the grander matrix should we wish to access it.

- 4.) We all exist on all energy levels at all times. We ignore this concept at our peril. We need to eat, dream, think, and love to keep our spirits soaring and alive.
- 5.) The mind exists to transform the spiritual reality into physical/emotional reality and vice versa. Likewise, the emotions exist to transform the mental and spiritual reality into physical reality and vice versa. They exist as valuable intermediaries.
- 6.) If we are trapped into a reality (of mind) we get “trapped” into a corresponding reality of the body. Energy can manifest into matter but doesn’t always need to. Energy and informational messages can manifest in thought forms and rigid energy structures that are just as real as the physical body. Some people can even locate them into their personal space. If we do not “get the message” at “higher” levels, the message becomes more forceful and painful as it comes down to lower levels. The higher message travels from the spiritual to the emotional and then finally to the physical level.
- 7.) Focus (and/or intense lingering) in one field will affect the whole energy and field matrix and our external reality. For example, if you become depressed, the whole body posture, thoughts, and the perceived external reality will change. Our mental focus will also change our health. If you believe you will get the flu this fall, you will, and this is how you may set yourself up for it!
- 8.) All elements of the matrix have a separate consciousness of their own. The body consciousness is separate from the mind; but the body consciousness will respond to and interact with the conscious influence of the mind.

The key to our self-creation can be used on any of these fields effectively. However, we need to say that some fields may be easier to

work with and may be more familiar to a particular person.

What I am proposing here is that the personal energy field (PEF) mirrors your physical surroundings and your state, your emotions, thought patterns, and beliefs and is constantly sending information back and forth to your physical body.

I also propose that any disturbance in health is caused by a disturbance in our (PEF) personal energy field. There is a strong cause and effect relationship between any disturbance in the energy field and any disturbance in physical health.

I also propose that any illness is always a mirror type feedback kind of communication from you to you. Illness is a communication, an informational packet going from a level of you to another. We can say that illness is an existential grand mirror. Your external state of being, including your health, reflects your internal state in all life departments: in money, health, success, or anything.

Illness is a tool – a perfect tool to give us the opportunity to balance us out, to balance our personal energy field (PEF) and to transcend our present more or less stuck situation. Illness is an opportunity to change and a tool for progress. Illness is also a somewhat forceful impulse to help us raise our awareness. And not the least illness is an informational and transformational device.

Illness is essentially a “message.” A very precise symbolic message. The message is physical by the time we perceive it, but it is still a message. Whoever or whatever sends the message of illness sends it as a feedback system to the recipient. We as recipients we can acknowledge or ignore the symbolic message. If we acknowledge the message, the reason for the message to exist disappears. The message was successfully delivered. The mission was accomplished.

An illness or symptom is a message to reflect back to us the position and “coordinates” of our physical, emotional, mental, and spiritual state of being. If we acknowledge the message and change, the message disappears and changes. We may later get new messages about the newly changed condition as a new feedback, but the old message will be gone forever.

This feedback system is like a spot by spot guidance all the way to health. This book and the concepts it carries are like a GPS for your health. Why do I affirm this? It is because this book:

- Shows you what the problem is in an illness or disturbance.
- Shows you what the problem is in any illness or disturbance by extrapolation.
- Shows you the rules of the symbolic “game” and how you can use the rules to your advantage.
- Shows you how you can verify the symbolic system by using it on others first and convince yourself before you try it on yourself.
- Shows you how you can change your outcome if you so desire.
- Gives you a feedback system every step of the way.
- Allows you to be aware of others' issues and help them, if you so desire.
- Shows you how you can have a healthier, more successful life.

Nature talks back to us every single second. This book tells us how to listen and understand the messages of nature. The things you read about in this book will make you aware of where the problem and where the power points are; but it is up to each of us to make the first step and decide to change. Once you make the first step, the guidance system will offer you precise feedback. The more you use the system, the more you and consider it more reliable.

In order to understand health issues it is very important to understand how an informational message is transmitted from higher to lower energetic levels. When an informational package or a spiritual message comes down to lower energetic levels and we do not acknowledge it, the message becomes a mental message. The message can be like a fleeting or a more persistent thought that comes to mind that we could or should act somehow. If ignored, this mental message then becomes an emotional message. We may have stronger and stronger emotions and upsets about the health situation. If after all this attention grabbing activity (spiritual, mental, emotional) the message is not still not acknowledged, in order to bring attention it becomes “harder” and may become a physical message – an illness. Illness generally commands our full attention when it becomes more painful.

Illness is like a serious message filtered down the energetic levels. The message is urging us to hear and acknowledge it. It becomes more present, more painful until the message is very difficult to ignore anymore. When illness happens upon us we usually need to deal with this particular health issue immediately, as often during that challenging time there is nothing else that is of any greater importance to us.

Because we cannot see the forest from the trees when we are in the middle of it, it is always easier for someone else to guide us than for us to find our own way out. For this reason, I advise you to apply the principles of this book on others first. You will be amazed how precise these concepts are and how accurately they describe your friend to the core. You will understand many hidden aspects of your friends that may or may not be what we as a society choose to easily accept.

You will be shown how to understand your friend and help him or her tremendously. However, if we do not stay open and start to judge what we become aware of, we subtly create more drama and close the awareness process.

Be open to what is being shown to you and accept it in a nonjudgmental way, just as you would look in a mirror. The reflection in the mirror is not the mirror's fault. The mirror is merely a messenger, there to help and reflect reality back to you. Do not deny it! Don't change the mirror, and please, don't get angry at the mirror! The mirror is there to give you feedback about the present reality and feedback if you want to change yourself, every step of the way, if you so choose.

If we attempt to justify or blame what we see in the mirror, we definitely close up from future opportunities to change. If we justify or blame we may remain stuck in a present situation. A health situation is no different.

The tendency in this process of symbolic health discovery is to strongly agree with the symbolic concept explained in this book when relating to others' health issues. There is a strong tendency to deny our own personal symbolic cause and effect relationship. In order to understand this book, please be open and at least consider that there is a cause for every symptom. It is very normal to have a strong tendency to deny our own issues because after all they are messages. The very reason why issues are present is that we denied them in the first place. The message is there to make us aware!

When illness strikes, we tend to be surprised. We usually ask why we ended up with this condition we ask why me? We react by being confused. We do not understand the real cause, the mental and emotional patterns that triggered ill health. We usually think we are victims of bacteria, toxins, or just plain old bad luck. We can definitely choose to be a victim, however, being a victim is a disempowering choice.

Before we delve into conscious self-creation, I believe it is imperative to stop blaming outside conditions, events, and circumstances. We need to take back our power and responsibility and stop the victim

mentality. What we see are images in a mirror, it is all an informational message from a mirror. If we blame the mirror we lose great power and succumb back into victim hood. We are all used with the victim archetype for millennia. It is very familiar and we all tend to relate to it often.

However, a much more empowering attitude would be to ask ourselves: How could I possibly be doing this to myself? Or: How did I bring the flu or heart attack on to myself? What is this health condition trying to communicate to me?

Many of you must be thinking: “That is totally ridiculous. We are victims, we did not bring this upon us”. Many of us are skeptics, yes, but in order to gain any value from this book, and to improve our lives and transcend our victim hood we must keep an open mind. We may want to explore and consider other, more empowering possibilities.

In this book, you will learn how symbols operate at a level beyond the conscious, how they come from the spiritual level via the super conscious mind directly to the subconscious mind. They may or may not become known by your conscious mind in their way through. Usually they are not.

What I am trying to accomplish in this book is explaining to you the process of how messages are conveyed from the super conscious to the subconscious mind. My awareness gift and message to you can be summed up this way: if you catch those messages on their way, you can distill them and force them into your conscious mind so that you can become aware of them and do something about it. Because you cannot fix a problem if you are not aware of it, awareness is the first step. And once you are aware of how this process works, you can then begin to heal.

Our perceptual filters shape our awareness and view of reality. Because our own filters are usually invisible to us, we don't see a problem

clearly in ourselves but we often see it in others. This is the reason I advise you to start applying the principles of this book on others first or let others apply it on to you first. The mechanism of projection stops us from clearly understanding the reality around. It is however, important to know that these are universal principles and they apply to our situations regardless of our denials or ignorance.

A more elevated attitude is to explore how can we place ourselves in positions of greater power. Due to the above interactions between the energetic levels and the holographic nature of the personal matrix, any point can become a point of power. For example, our mind is a powerful point to initiate change. We can mentally change our internal reality, thus effecting change externally. Our mental beliefs are one of the most efficient power points to work with, as we will see later. We can re-create our personal reality and access great points of power by changing our beliefs. Let me touch briefly on the role of beliefs in shaping our reality including our health.

All of us hold inside many beliefs and all these beliefs are limiting. Generally, these limiting beliefs are what we perceive as who we really are. Beliefs are chosen or “imposed” consciously or much more common unconsciously. They run our life like background software. Because we usually adopt most beliefs in childhood, we become used to them and they so become invisible to us. They are like water for fish: invisible. Beliefs are rarely questioned. If we do not induce them and build them consciously, usually the society and environment does that for us. We become less powerful when not playing by our own guidance beliefs and rules and we accept the beliefs of others instead.

If you say “I am...” or “Life is...” and fill in the blanks, these are some chronic thought patterns called beliefs you have about yourself and about life. We all have them.

We need to be careful as negative beliefs can creep into our system after a painful event, a continuing suffering or a great loss.

Negative beliefs can redirect our life in a negative way. Beliefs are energy structures we construct to reduce the complexity of the world we do not understand and guide us in the future. In general, we only absorb information that would confirm our internal beliefs while we fight information that would weaken our beliefs.

We must respect all beings and individuals because we are all part of the same oneness. We can understand, but not necessarily agree with the weakening energy structures and beliefs people build around themselves. We can only change behavior when we change our beliefs. Becoming aware of limiting beliefs and choosing not to be limited by them plays a critical role in changing our behavior.

Beliefs guide our life and stabilize us. Beliefs may be constructed when we are too young to make sense of events or we are overwhelmed by life situations. Because we were not aware of all the aspects involved, we could not process correctly the information and we create distorted “rules” called beliefs. They are stored in the subconscious mind and from there they redirect our lives. Beliefs act as direct commands to our subconscious mind and reshape our reality.

Our beliefs are always based on choices, meaning that we always choose our beliefs, however, usually unconsciously and based on misinterpretations of the past events, environment or results. Nonetheless beliefs are still choices. The problem is, once we adopt beliefs we forget they were interpretations of the past. And they start to create reality. The beliefs and realities we create can be empowering or disempowering for an individual. If we do not choose them consciously the environment will impose them on us without even realizing that we can choose. Those imposed beliefs are usually disempowering.

Our beliefs change as we age. They shape different experiences. We don't have the same beliefs at 20 or 40 versus when we are 60 years old. But we still choose beliefs all our lives, usually subconsciously.

Emotions, thought and behavior originate from beliefs. Beliefs are the Cause. What this means is that we are much more likely to change anything if we work on the cause, on the beliefs, than the emotional or thought forms available to us which are a mere consequence. Once we understand the emotional and thought patterns that created a medical condition it is useful to address the underlying beliefs. Once you understand the mental and emotional pattern you can start thinking what kind of beliefs one would have to have in order to create that specific mental and emotional condition?

Have you ever thought what kind of life experiences would one have if the underlying belief were that the world is friendly? What if the belief is that people are out to get you? How would those beliefs shape your reality?

The fact that limiting beliefs are running our lives is strong and valid in health as it is in everything else in our lives. . There is a wise saying that goes: “tell me your life and I will tell you your beliefs”. This saying may have great health discovery implications: Ask yourself:” What must I believe to have created these (health) outcomes?”. “What am I /are you resonating with that have attracted these life circumstances?” These questions are helpful tools. They are universal awareness questions that are useful to ask when in a dilemma.

Issues and health challenges may change immediately, or may take some time and effort for them to change as we refine our quest for healing and learn to be more specific about what we are asking for. We need to become detectives of our own subconscious minds and ask the question:” Why am I creating this situation?” What (limiting) belief do I carry that would likely create or manifest this problem for me?” or ”What must I believe to be true to in order to create and then maintain this issue in my life?”

Beliefs are simply ideas. Many people confuse their beliefs with reality. Beliefs will create reality but they are not reality.

Many people think that everyone must operate from the same beliefs and if someone does not share their beliefs they must somehow be inferior. This is obviously not true.

As we discussed in the earlier section, what we experience is perhaps the best indicator of what filters we are using to perceive the world. These filters typically take the form of limiting beliefs about the world and about us in general.

Virtually all experience is the product of our perceptions and beliefs. There is much power in this statement. That means that instead of trying unsuccessfully to control our experiences we can focus our attention to our perceptions and beliefs. If you are not happy, what (limited and disserving) beliefs and perceptions create this reality for you?

There are many ways to work on our beliefs and change them. Search them and you will find them. Since my book is focused on the awareness of how we get sick and not on what is the way to get better I will stay away from recommending one way of changing beliefs or another.

In order to become healthier, we can work most easily on the mental level. Thoughts and health are always related. Thoughts can cause illness and can also cure them. You probably heard many cases of “mind over body” recoveries and wondered how they happened.

Can the mind play a role in disease or recovery? How about our expectations? Is it important what you believe about your body? Does it matter what you say to yourself? Remember that the subconscious mind works with what is available, with the positive as well as the negatives, with the reality as well as with the illusion. We may all have to pay more attention to what thoughts are we sustaining in daily life. Are these thoughts empowering or disempowering? It is not about how real the thoughts are as we are more interested in where we are going

not where we've been. It is all about discerning if the thoughts are personally empowering or helpful. If not, there is no point in lingering over negative thoughts, as they will attract more of the same. Remember: Happy thoughts bring happy life, crappy thoughts bring crappy life!

Why not choose happy thoughts? We all have the power to choose how we think and live. Live aware!!!

Part I

SYMBOLS

* * *

**“The only thing that shapes the Universe
Is your own perception of it.”**

* * *

SYMBOLS

Have you ever been to a new place that somehow feels familiar or met someone for the first time, yet felt an instant attraction to them? Surely, at one time or another, you have experienced the feeling that most of us refer to as *déjà vu*. Why does holding hands make us feel safe and secure? Do we ever think about why Christmas carols put us in the Christmas spirit? These feelings and mechanics have to do with symbols. All of the above examples – indeed all life events – are filled with symbolic implications that may trigger different emotional responses in us.

What is a Symbol?

The word *symbol* literally means “to bring together” and “to integrate.” Think of the word symbol as “same bowl,” as if certain things were being placed into the same bowl. Symbol formation is simply the process of integrating life experiences within our subconscious mind. We are continuously correlating new experiences with old ones, whether or not they are linked. For example, picture the symbol of a cross in your mind. What does this make you feel? It may bring together joy and sorrow, duality and integration, or religious and mundane experiences. The image of the cross can bring all of these meanings together in the “same bowl” – thus, it is a *symbol*.

How Do Symbols Work?

Symbols may have hundreds of meanings that blend together harmoniously and merge into new interpretations as often as needed,

and this varies for the individual. It is not important (nor possible) to know them all or bring them all to a conscious level. They burst to the conscious surface in the form of emotions, knowings, and understandings. The whole complexity of meanings and representations of a symbol is not accessed by the conscious mind for this would be overload. Have you ever tried to watch television in a noisy room with commotion going on around you? You cannot feasibly focus on everything at once, so you will become automatically oblivious to the other sounds and images around you if you truly want to pay attention to the television program. Doing this does not mean that the other noises and commotion are not present; at any time, you can *choose* to become *aware* of those other noises or images – only not all at once. Symbols work in the same way.

The whole complexity of symbolic meanings is never accessed by the conscious mind because, quite simply, the conscious mind could not handle all of the complex ideas at once. Just like you can tune out the commotion around the TV set, all meanings are subconsciously processed before your conscious mind “attunes” only to the group of meanings that you need at a given time, constantly adjusting the wavelength as necessary. Even if you choose to ignore the message, it is still there. By doing this, you may deny yourself of an important set of experiences, but this cannot be considered good or bad, because you have the option of listening to the message or not.

The whole process can be likened to listening to the radio. If you choose silence, you can just turn the radio off. If you want to access the rock station or the country station, you can adjust the dial to the specific frequency of transmission in order to have that specific experience. The rock music is not any better or worse than the country music (though some of you may wholeheartedly disagree!) It is not a question of good or bad; it is just what you want, need, and like at any particular moment. But whether or not you turn the radio on, and regardless of what station you choose

to listen to, the music is being transmitted on the radio waves at all times.

We are all here to experience different things in life in order to advance on our paths. Since all individuals are different with different needs, we all tend to attune to different meanings of the same symbol. You may not like country music and find it boring, while someone else may thoroughly enjoy it. Likewise, some people may think of the symbol of money as evil, while others see money as a wonderful thing – often based on the experiences you have had with the symbol.

We usually find similar interpretations in people who have similar life experiences. Bankers, for example, perceive the money symbol in similar ways, while homeless persons may perceive it quite differently.

Symbols and Signs

Think about a stop sign. Is it really a sign, or is it a symbol?

It is both!

A *sign* generally has only one or very few accepted meanings, which are agreed upon by society or by a group of people; signs stay the same until people agree to change them. A stop sign remains a stop sign until society decides to change its meaning into something else. When we perceive that sign, we automatically think about its accepted meaning. All signs have symbolic meanings, but symbols are not always signs as symbols are way more complex. Therefore, a sign is a particular limitation of a symbol.

The extent of the meaning of a *symbol* is far greater than that of a sign; it is, in fact, limitless in possibilities.

Table 1	
Signs versus Symbols	
SIGN:	SYMBOL:
Focused	Diffused
Limited	Limitless
One or Few Meanings	Multiple Meanings
Easily Changed or Modified	Difficult to Change or Modify
Conscious	Subconscious

What do you think of and what do you feel when you see a knife? It might subconsciously elicit your past memories – cutting bread, baking with your mother, carving wood, fighting, gardening, or even camping or playing “battle” or “war” with your childhood friends. When you perceive a symbol, it will naturally trigger emotional responses in your subconscious that will summon you to subconsciously access everything you ever experienced in connection with that particular symbol – be they situations, facts, judgments, actions, thoughts, feelings, sensations, or messages.

You might choose one or several memories of a symbol according to your present needs. You may choose to ignore the memory altogether, and that is fine also. By ignoring or attuning, you will shape different sets of experiences that you are going to share with the world. Even though we might judge our individual, personal experiences as better or worse, one set of experiences is not better than another; they are just different.

Nature’s Language

We all have emotional reflexes or reactions toward symbols. Emotions are a fundamental way of communication in the universe. The reason for this is simple: We need to emotionally relate to things in order to understand them.

For example, it is probably very easy for you to recall the title of a movie that scared you, made you laugh, made you cry, or one you attended with a group of close friends and had a great time. However, it will be more difficult to recall the title of a movie that elicited absolutely no reaction from you at all – not even boredom.

The title of that movie will escape you time and time again because it is virtually nonexistent to you; because it does not communicate anything of value to you. In fact, given the choice again, you wouldn't even choose to see that movie in the first place, even if it was a blockbuster to everyone else. Emotional communication is one of the highest forms of truth for oneself. It goes beyond words or socially accepted forms of expression.

By evoking emotions, symbols remain in our awareness, where their most important function is to help us relate to the environment in a meaningful way. If you picture the symbol of a heart, for example, you will most likely think of love, connection, and harmony. Fairy tales are filled with such symbols that bypass the logical mind and access our hearts directly. Symbolically speaking, the symbols themselves are perceived with the heart. A loving, open heart is receptive to the language of nature. The more blocked your heart is with resistance, doubt, or disharmony, the more disturbed your reception of love will be.

Subconscious Communications

Symbols are the most powerful means of communication on the subconscious level – the currency within the subconscious level. For example, what is your first thought when you see someone wearing gray? On the whole, the color gray represents neutrality and noninvolvement. When someone decides to wear gray clothes, this person subconsciously communicates that he or she wishes to remain uninvolved – to blend into the background. Subconsciously, we all understand this, even though our conscious mind may not be aware of it. The color of our clothes, our facial expressions, our gait, and

many other such symbols provide subliminal clues about our internal emotional state at any given moment. The next time you are in a busy public place, take a moment to look at the people around you. Each of the strangers you see will tell you much about their inner emotional states, and their overall health, by the way they are dressed, the way they walk, or even their posture. If you see someone slouching, dressed in drab clothing, with disheveled hair and a disinterested look on their face, what is your instant perception? Are they depressed, tired, lazy, sloppy, heartbroken, or bored? Most of these messages that emanate from people are subconscious. That person may not even know why they picked certain clothes, but something inside him or her knew that those clothes would simply resonate with that person's needs of the day – with the message they wanted to feel or convey.

When you look at a person's face, that face will resonate with you in a certain way, and you instinctively tune in and know that person's character. Perhaps this is part of the reason we have trouble looking at someone squarely in the eyes, as what we read from the faces of others can sometimes be overwhelming. Consciously, we may perceive only a small part of the message – most likely the part that society dictates to be appropriate. However, there is a lot more information being processed on the subconscious level.

Based on this phenomenon, some people have concluded that we use only 10 percent of our brains. This is just not true. We just do not understand more than 10%. We may indeed use no more than 10 percent for conscious logical thinking, but conscious thinking is only the tip of the iceberg. The other 90 percent of our mental potential is busy with subconscious processes, which are, as yet, only dimly understood by the mainstream scientific community. It appears, however, that these deep subconscious layers are indispensable to the functioning of the superficial conscious 10 percent. The intricacies, subtleties, and power of this subconscious realm are a profound and truthful aspect of our true self. Because of this subtlety and complexity, we are rarely aware of

our subconscious messages, and we usually cannot influence or change things of which we are not aware.

Symbols are Triggers

As we've already discussed briefly with the examples of the cross, the knife, and the heart, subconscious symbolic messages can trigger powerful emotional reactions for some people. Sometimes, these reactions do not seem to make sense. Have you ever wondered, in retrospect, why you felt so shocked or revolted at a certain event? Have you ever thought: *I don't know what got into me?* These responses, urges, or feelings hit us many times without any logical explanation. For instance, flashing lights do not bother the majority of people, but in some certain individuals, they provoke seizures. Why do these individuals have seizures and others do not? Why would a survivor of a plane crash likely perceive the symbol of an airplane differently than a pilot of a pleasure airline who has never been through such an experience? Before the crash survivor or the pilot had any involvement with airplanes, the airplane symbol most likely had no meaning for them. An event or a symbol is not good or bad until our attachments, needs, judgments, and personal experiences color the way we see the situation. It is the passenger himself, not the symbol (the airplane, in this case), which attaches positive or negative feelings to airplanes.

The degree to which we are affected by different life events depends largely upon the way we subconsciously process these events. In the case of illness, there is a way to tap into this subtle process and use that information to speed the healing process.

Symbols Interconnect

Symbols often combine with others and merge into new symbols that form a larger whole. By analyzing the symbolic messages (colors, feelings, sensations, etc.), we subconsciously receive messages about the whole. For example, if you look at a house, you might formulate an idea about the personality and mood of its residents. You might very well

speculate about their culture, tendencies, education, financial status, and lifestyle just by the way they maintain or decorate their house.

Everything is a Symbol

How do you perceive things? *Perception* means reception of vibration (i.e., being on the same wavelength). To *attune* means to become “at one” with a source, to vibrate at the same wavelength, or to experience the same vibrations.

Our thought patterns manifest into reality, and reality will mirror back our thoughts. In other words, what is being symbolized to us is nothing other than our own self! We instinctively, naturally attract people and situations that symbolically mirror our concepts, attitudes, and thought patterns throughout different points of our lives. I will go so far as to say that we cannot even perceive anything that we are not attuned to, at least to some degree. This means that in order for us to be aware of an object or situation, the object or situation has to vibrate the same “wavelength” or quality as we do and mirror something in us. We cannot see something outside of us if there is not a similar mirrored quality inside. This phenomenon is called *resonance*.

Have you ever been around a very negative person? If you have, then you know that negativity has a tendency to rub off. But why? The principle of resonance implies that when we focus on negative qualities in others, we are focusing on our own corresponding negative emotions. We always manifest what we fear and what we focus on. We cannot see the greediness in politicians without resonating with our greediness. We cannot appreciate the courage of explorers without resonating with our personal courage. This principle is valid for individuals, groups, corporations, and even nations. The more we resist or criticize something, the more that something will be present.

Only by breaking the cycle of resistance, and becoming aware we can learn to notice our own patterns, love them, and change them if need be.

The Power of Thoughts

Where do events and actions really begin? Actions, even those that seem instinctual, do not happen automatically. What is the last thing you did without thinking, at least on some level? Our thoughts are the sparks that bring forth action.

Everything in the world begins as a thought. If we want to go Hawaii, we first have to ponder and think about the desire to go, then make our travel arrangements, and then take the trip. A simple thought has the power to move us and make us travel hundreds of miles. All that humanity has ever created – roads, cities, cultures, and whole civilizations – was first born as a thought in somebody’s mind.

However, it is important to know that a vast majority of life experiences are provoked by thought patterns that arise not from the conscious but from the subconscious level. These subconscious thought-provoked actions are what allow us to breathe and have a pulse, but they also do so much more.

Our conscious thoughts can and will influence subconscious thought patterns. Obviously, we first must become aware of these thought patterns in order to direct them efficiently. Also, by becoming aware of subconscious thoughts, we can bring them to the conscious level. Once redirected and made conscious, the new conscious thought patterns might then re-enter the subconscious mind again and shape a new reality around us. It is the subconscious mind that manifests the reality around, however, the conscious mind can greatly help the manifestation process – if we are aware and conscious.

Symbolic Mirroring

The environment serves us by resonating with our thought patterns and by symbolically saying: **“Look around! The world around you is a representation of what you believe. It is what YOU made it out to be! It is not good or bad. If you like it then you can keep**

it! If you don't, you can definitely change it!"

Complaining or victimhood has no place here. Since it is you that shaped the world around you, what are you going to complain about? Yourself? Your creative power? Just shift and redirect your creative process differently and you can change to a different experience. Change yourself and the world around will change. It really is this simple! But you need to be aware first!

Read this again and again until you can memorize it and take it to heart, for this is the key message of this book. You CAN make changes if you are aware, know the rules and are committed!

So, what are some examples of mirroring at work? When there is an angry person around you, look for what might be angering you. If a workaholic shows up in your life, check how you feel about your workaholic side (or on the contrary, the lazy side of yourself). If you encounter someone who doesn't get along with their children, you might investigate your life issues concerning your own creations, whatever those may be – ideas, philosophies, machinery, plans, a new project, etc. Maybe you are surrounded with someone who nags or complains about everything. Ask yourself about the complaints you have. Likewise, if someone treats you with respect, you can rest assured that you are respectful. The old adage, “What goes around comes around” is often true.

Mirroring is nature's effective way of reflecting back to us some aspect that we are not willing to otherwise examine. Every problem or illness arises to teach us something. Our conditions are CUSTOM made for our personal needs. The implications of this are far-reaching and extremely positive in nature since they teach that circumstances exist to help us grow. They assure us that nothing is “out to get us.” The notions of “good” and “bad” then become nothing more than unnecessary judgmental labels.

The things that happen in our lives are the things we ask for in some way – usually subconsciously. We vibrate that essence, whether we like it or not. Einstein’s theory of relativity is not only applicable to the physical world, but to our psychological settings as well. What is good for you might be detrimental for me. When we view life events from a higher perspective, everything can be seen as an opportunity to experience, change, and grow.

In order to influence and honor our subconscious needs, remember to “ask, and you shall be given.” Through careful asking, you can start rebuilding your life step by step. Asking and believing are tools of tremendous personal and collective power.

Symbols Shape the Future

Every event from the past or present becomes a new symbol for the future. The so-called “unused” 90 percent of our brains processes information in very systematic ways. Every object, color, sound, or feeling we encounter becomes endowed with a specific meaning, ready to be accessed in time of need. Data is compared, analyzed, classified, and synthesized, and this enables decisions and solutions for the conscious mind. Solutions are created according to our previous subconscious programming.

Symbols and Society

Symbolic messages are processed according to personal needs, of course, but also to society’s needs. Much of our current cultural focus is on war, intolerance, excessively hard work, and competition. As a whole, our society believes that life is a struggle, a fight, and a battlefield; it values those who are competitive fighters. Do you ever feel like you are constantly competing? That’s because you are! Life is a fight – a fight against the competition, a fight against disease, or maybe even a fight against the weight scales. We fight against just about everything from midday traffic to stereotypes.

You might wonder why there is so much violence, so much angst, and so much of a need to fight in this modern world that we call home. The answer is that we have created an environment that mirrors our beliefs about life. It is important to realize that violence by itself is neither good nor bad; it is mere reflection of our collective consciousness. Once we understand the message in the mirror and choose to change our way of thinking, the need for fighting will cease.

The drive to fight is complemented by another factor – a victim mentality. Half of America is on the brink of collapse, exhausted from the mad race of competition. Families desperately lack harmony and spirituality. We are locked in a belief that we are victims of society, the government, diseases, and many other things that we mistake for monsters. This belief can be sometimes convenient, because it seems easier to blame somebody and do nothing than to take responsibility and find solutions. By believing in victimhood, we avoid looking deeper for answers within ourselves. For instance, it is always easier to take a sick day, blaming some “bug,” than it is to openly acknowledge that we need to resolve an anger issue we have with our boss. The “bug” (or disease) might be a remote association – or even a consequence – of our thought patterns and beliefs.

It is important to understand the following concept: Our disease is *part* of us. We don’t need to fight against disease, because by fighting it, we fight against that part of ourselves that is trying to tell us something.

The time has come to move beyond disease by understanding it at a deeper level. If you have true understanding, you will not ignore a problem or try to cut it out. Instead, you may learn how to openly face it and embrace its implications and the changes it creates in you. Once this understanding has taken place in all fields of life, your urge to fight and resist will be replaced by a desire for compassion, cooperation, and learning.

Do you agree that we live in an age that requires us to learn about tolerance, peace, openness, and flexibility? We all learn these values the hard way by evaluating what our violent surroundings are reflecting back to us.

However slowly and gradually, some companies and corporations are realizing that competition is not the key to success and are beginning to focus on cooperation instead. By recognizing in the symbolic mirror the fighting and intolerance, society as a whole may conclude later that more tolerance and understanding are needed. As awareness slowly rises, these qualities can be brought out in the open society.

Who do you think of as a hero? Is that person a “warrior” or an “adventurer”? Our collective attachment to the powerful symbol of the warrior is gradually shifting to the admiration of a new idol: the adventurer. Our attitudes are slowly changing from “life is a struggle” to “life is an adventure.” This trend will gain momentum as more and more people refuse to believe that they have to work themselves sick or that everyone is out to get everyone else. People are starting to recognize that we, as individuals, families, and groups, are not separate from society – we ARE society.

Symbols and Information

It has been my experience that illness is an expression of issues that need to be faced at different levels of our consciousness. In other words, illness points out a breakdown of communication, a hidden aspect within us. The purpose of this communication is to reintegrate and heal those forgotten parts of ourselves.

Have you ever found yourself ill and thought, *I should have known this was coming* as you look back and realize your inner self was trying to warn you all along? Maybe you’ve been more tired than usual or haven’t been eating right or have been feeling down or overwhelmed. When you are engaged in a thought pattern that is not serving your highest

good, your subconscious will send warning signals long before disease appears. The subconscious communicates symbolically through feelings, sensations, or emotions that are eagerly determined to convince you to make appropriate changes in our lives.

These subtle subconscious impulses tell you what your “true self” needs in order to ensure your optimal wellbeing and evolution. If you ignore these subtle emotions, the next step is mental thoughts, which will “bug” you again and again about what you should or shouldn’t do. If you refuse to listen to these thoughts, your body has no choice but to present you a physical persuasion method, and the end result is that you get disease. The key to staying well rests in being able to listen to the emotional and mental messages before they move to a physical manifestation. You must learn to notice symbols and listen to what they are trying to tell you before you get to the point of sickness.

Sometimes, it isn’t a matter of refusing to acknowledge an emotional message; it could very well be that you simply don’t understand it.

If the subtle emotional and mental messages remain unacknowledged, they eventually manifest deeper, in the form of a physical concern, a disability, or a serious illness. Obviously, once these messages have advanced to the state of illness or pain, they are not so easy to ignore anymore. The messages your true self is trying to convey to you will be heard, one way or another, and it is best to try and understand those messages as early on as possible.

Until we understand, consciously or subconsciously, that a very specific disease represents a very specific communication from our own self, true healing cannot take place. Disease is in fact a self-referral communication that intends to create healing. Disease is an information package that also contains the solutions.

Every illness, every emotion, every symptom or energetic imbalance that you experience carries with it a message that you need to hear and understand. The next time you have a toothache or a kink in your neck, remember that it is safe to consider ailments as your allies; they show you the way to healing and the path to fulfillment. The language of nature is universal and symbolic, and that kink or toothache is trying to tell you something!

Symbols and Change

While most of us get scared, angry, or frustrated in the case of an illness, the true solution is to be willing, receptive, and understanding, though this is not always our first instinct and may not seem easy at first. But that is the easy way. The hard way is to get sicker until the message is acknowledged. We may even subconsciously choose to die without ever acknowledging the powerful healing message of illness. If you grabbed hold of a barbed wire fence and pricked your finger, would you continue grabbing hold of that fence and cause further harm to your body, or would you try to find another way through? As your illness progresses, your system is sounding an alarm to warn you that you are straying further from the path your innermost self wants to take.

The first step in healing requires being willing. You must be willing to examine current issues and willing to change. When you are truly ready to change, your inner self receives the message, “I am now willing to change; please show me the way,” and we change sooner or later. The good news is that your inner, true self is always listening to messages and always responding, whether you perceive it to be so or not.

Remember, “You can do anything you want, if you want that hard enough.” At first, you may not even know how to change or what to change. You must only be willing to change and receive guidance. If you believe in change, you will spontaneously manifest it in your life; you will *see* those changes, as will the others around you. If you ask for specific changes, the universe responds to those specific requests

according to your belief system. Remember, though, that the universe is not a bully! It allows you the opportunity to change, but if your belief system is so rigid that you would rather die, the illness goes on. The universe never forces issues – WE always do.

Remember back to when you were a small child sitting on Santa’s lap or writing him a letter of Christmas wishes. Mostly likely, your letter did not say, “Dear Santa, please bring me a present.” No, your letter probably requested a doll that laughs and cries, a purple bicycle, or that board game you saw a commercial about. Your requests to Santa Clause (or to your parents at birthdays) were most likely very specific. Why? Because even as a child, you knew that it is impossible for anyone to give you what you truly want if you are not specific when you ask for it. If you are not sure what it is that you want, you send back a message to the universe that says, “Please put it on hold until I decide.” The universe is quick to follow this request, and that is exactly what will happen.

We have to know **exactly** what we want in order to ask for it. Imagine if you were to place a personal ad looking for the perfect mate. What would your ad need to include? Could you just say “Single person seeking perfect mate” and expect to get personal results that would satisfy you? No! You would need to define in detail what a perfect mate means to you. If you don’t, the process of finding the perfect mate is either put on hold until you clarify those details, or even worse, you might attract someone who is not a good fit for you at all – maybe even someone that is detrimental to your overall wellbeing. The same is true when you ask the universe for something; be specific and certain about what it is that you want.

Symbols and Imagination

Nature communicates through symbols, and we can do the same. When we do this, we operate at the same vibration as nature, which is the most natural and truthful form of expression.

A powerful way to accomplish this communication is to imagine

and visualize the result you want – the healing you desire, the places you want to visit, or the objects you want to acquire. Imagination is one of the most powerful tools for progress, yet it is often discarded by our society as mere unattainable fantasies or dreams. We tend to forget that imagination is the most crucial part in all scientific advancements. Without imagination, there would be no novels, no movies, no music, no microwave, no traveling to the moon, and no Internet. As we've already learned, all action starts with a thought, and without imagination, which is contrived of fantastic, hopeful thought, our civilization would stagnate and die.

Half a century ago, Einstein reminded us that imagination is more important than knowledge. Why is this so? Because imagination gives us the ability to overcome our physical limitations. Imagination is our projection into the future or into other dimensions of reality. Without imagination, there are no ideas, and without ideas, we do not advance as individuals or as a society.

To consistently manifest our desires through imagination is an art that one doesn't master overnight. There are many interferences that can amplify, change, or block this delicate process. Nevertheless, when you imagine something you truly need and trust and believe it will happen, you *will* achieve the object of your desire. The universe would have it no other way.

First, you must stop thinking like a victim. Doing this will make it easier for you to imagine a new life and better circumstances for yourself. It is your right, your challenge, and your adventure to create whatever you so desire. I believe this wholeheartedly, and if you believe it, too, you can go out or go in and do it or get it! The world is yours for the taking – and it starts with imagining and asking.

Did you know that no one could heal you if you are not willing to change? The only true kind of healing is self-healing, and

the best healers, doctors, or medication will only work for you if you allow them to. The same principle holds true for surgery, alternative healing methods, placebos, or whatever else you may attempt. This is why generations of medications change with generations of people. Why does your great grandmother’s headache remedy, which worked wonderfully for fifty years, no longer seem to offer relief? Simply, it is because our society (and thus our medical establishment) changed their belief system. If we, as a society or scientific establishment, *believe* a certain drug works, a majority of experiments will confirm that it does.

Table 2 Functions of A Symbol
<ol style="list-style-type: none"> 1. Symbolic Mirror 2. Opportunity for Symbolic Attunement 3. Gateway to Subconscious 4. Nature’s Messenger 5. Link Between Various Experiences 6. Trigger of Emotional Reactions 7. Transmitter of Information 8. Tool for Imagination and Intuition 9. Catalyst for Change

At times, it can certainly seem as though the universe is playing a game with us, but if it is, at least the rules are straightforward: We are allowed to live our lives according to our free will. Obviously, there is a never-ending flow of interactions and power plays between individual beliefs and societal beliefs. Sometimes these are contradictory, but the overall result of this interaction will mirror our overall belief system. Even the contradictions are part of our belief system and shape our society. Our experiments are designed in such a way that will confirm our beliefs in a majority of cases. The consequences are stunning: When we change beliefs in our society, medicine and everything else will change right along with it.

As far as we've come in the scientific and medical world since the days of our ancestors, presently, the scientific understanding of disease is still quite limited. We don't know the deep underlying cause of diseases. Scientifically, the blaming finger has been pointed at enzymes, cholesterol, poor diet, pollution and antioxidants, or lack of exercise, among other things. Through this kind of blame, we merely exchange one mystery for another of a different nature. We hide behind definitions and technical words, but the issue is far from solved. The truth is, if we were as advanced in treating disease and the causes of disease as we wish we were, there would be no need for the many medical schools, research teams, and doctors' offices or hospitals that currently populate our world.

Our brains are constantly being compared to other, more tangible, more visible things. When mechanics was the most advanced scientific theory of science, we explained everything as being akin to machinery; the whole universe was seen as one big set of clockwork. Later, the focus shifted to electronics, and our brains were likened to computers. For the last decade, there has been the integration of the "information superhighway," so inevitably, the fashionable thing will be to approach disease as an informational disturbance. The symbolic approach to disease is, in fact, such an informational approach. Every illness IS symbolic information, a message.

Some say there are no incurable diseases – only incurable individuals. This would imply that YOU are the best doctor in the world, even though you may not know it! When you go to the doctor, you are, in fact, giving a part of your healing powers to him and his drugs because you believe in them. They work for you according to your beliefs and education. Nevertheless, in our culture, we are taught to trust more in the healing powers of others than in our own. Because of our education, we recognize that doctors and healers are fulfilling a valuable function for us. Very few people are willing and/or trained to take responsibility in their own hands. Isn't it easier to swallow a little

yellow pill or a tiny red and white capsule and believe everything will be all right than it is to face issues and take responsibility for the whole healing process? The good news is, we can choose to change that.

If you are reading this book, then you are obviously concerned about your health and wellbeing. If that is the case, then the time has come for you to take a deeper look at your ability to heal. Many are already seeing beyond the surface of societal beliefs and finding a whole new world; they empower themselves and live a life that they choose and believe in. You can choose to be involved in your own healing processes, and the more people choose to do this, the more society will change.

Part II

THE FIVE ELEMENTS

* * *

“Therefore I speak to them in parables;
because they seeing, see not;
and hearing, they hear not;
neither do they understand.”

* * *

NETWORKS

Have you heard of traditional Chinese medicine? Most of us have, but have you ever wondered why something so ancient has been trusted and functioned for thousands of years and survived the trial of time? What we now call “science” did not exist in those days when Chinese herbalists were first discovering their methods. I personally believe that no ineffective healing method can survive more than a century at the most. This is why I chose to investigate Chinese philosophy. I found many fascinating concepts worthy of study – among them a select, well-rounded system of symbols based on a long, unbroken tradition of successful healing practices.

Traditional Chinese philosophy divides the flow of energy within the human body into five organ networks, which correspond to “five phases.” The secrets of the human body (as well as the secrets of nature) are described in terms of the relationship between these phases and their associated body parts. They function well by obeying very well established rules.

These organ networks are interrelated; in other words, when one network is disturbed, it affects another network in very specific ways. All networks have specific associated elements: emotions, thought patterns, glands, joints, and other body parts. These elements operate in close conjunction with one another and are symbolically interrelated. Together, they give us an understanding of the way the universe functions.

Networks are symbolically associated with specific seasons, sounds, directions, actions, and all cycles and aspects of nature. By understanding these symbolic connections, we learn how to better use the networks through specific symbolic activities. (For a better understanding of the above concepts, please refer to **Chart 1**.)

However, one drawback to this profoundly insightful system of knowledge is that the underlying cause of illness has become lost in the vast complexity of symbols. The Chinese tradition holds that we are the victims of outside forces (wind, cold, dampness, dryness, etc.). As we've already learned in the early pages of this book, to believe we are victims of anything is not an empowering belief. That is why, from this point on, this book takes from the Chinese system many ideas and then transcends them, looking beyond victimhood to responsibility and self-awareness. Because of this victimhood issue, not all ideas presented here are derived from traditional Chinese medicine. The Chinese system is utilized only in **Part II**, and only because it offers a systematic approach to qualities and symbols that might otherwise seem unrelated. Please understand: You are NOT a *victim* of your illness or life circumstances, but a *recipient* of them. This book effectively brings back the power that you may have lost by focusing on playing the role of the victim.

Despite these drawbacks, traditional Chinese medicine has a lot of symbolic potential, which we will explore by studying the organ networks one by one. In order to better understand how these chapters are structured, please see **Chart 1** for a general overview and reference. It may be useful to have the chart in front of you for the whole length of **Part II**.

**Chart 1:
Five Phase Correspondances**

	I:	II:	III:	IV:	V:
Function	Purification	Circulation	Digestion	Respiration	Elimination
Organ/solid	Liver	Heart	Spleen/ pancreas	Lungs	Kidneys
Organ/ hollow	Gallbladder	Small intestine	Stomach	Large intestine	Bladder
Color	Green	Red	Yellow (orange)	White	Gray, deep blue, brown, black
Flavor	Sour	Bitter	Sweet	Hot, pungent	Salty
Emotion	Anger	Joy	Sympathy	Grief	Fear
Sound	Shouting	Laughter	Singing	Weeping	Groaning
Direction	Up	Outward	Horizontal	Down	Inward
Sense	Sight	Touch/speech	Taste	Smell	Hearing
Head part	Eyes	Tongue	Mouth	Nose	Ears
Secretion	Tears	Sweat	Saliva	Nasal fluid	Urine
Season	Spring	Summer	Indian summer	Autumn	Winter
Climate	Wind	Heat	Dampness	Dryness	Cold
Injurious entrance	Back of neck	Moth	Feet	Nose	Shine
Head system	Planning, decision- making	Commanding to Action	Imagining	Establishing Rhythmic Order	Persevering by will power
Tonyfying activity	Reading	Walking	Sitting	Lying	Standing
Body part	Muscles/ sinews (action)	Vascular system	Flesh/ muscles (tone)	Skin	Bones/ marrow, teeth
Body action	Wrenching, pulling	Joyless, blazing	Reaching, moistening	Coughing	Trembling, quivering
Associated body part	Nails	Complexion	Lips	Body hair	Head hair
Glands	Gonads	Pituitary	Thymus	Thyroid	Adrenal
Body smell	Rancid	Scorched	Fragrant	Rotten	Putrid

(Chart 1 continued)

Joints	Shoulders	Elbows	Hips	Wrists	Knees, ankles
Major vitamins	A, B2	B3, B5, C	B1, B6	E	D
Minerals	Copper, iron	Potassium, sodium	Manganese, zinc	Phosphorous	Magnesium, calcium
Organ/solid: full	1 to 3 am	11 am to 1 pm	9 to 11 am	3 to 5 am	5 to 7 pm
Organ/hollow: full	11 pm to 1 am	1 to 3 pm	7 to 9 am	5 to 7 am	3 to 5 pm

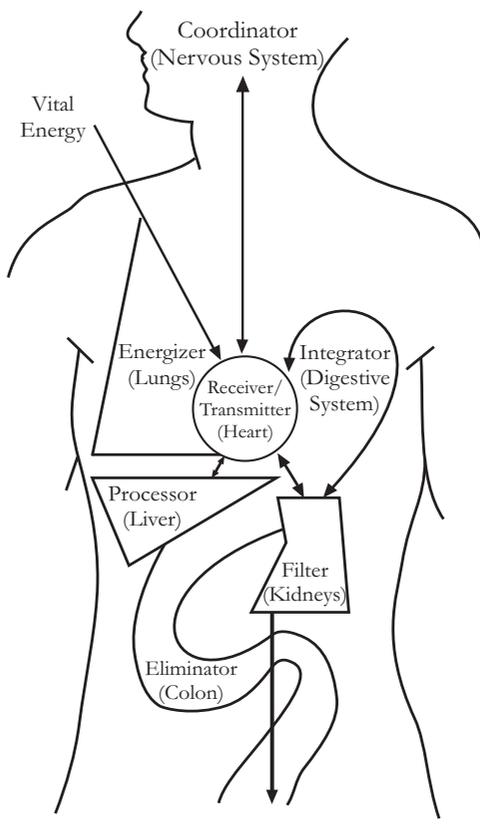


Figure 1:
Symbolic Organ Functions

THE PURIFICATION NETWORK: LIVER/GALLBLADDER

Your liver is the hardest working organ of your body because it is involved in all internal chemical reactions. It regulates the metabolism of proteins, fats, and sugars and coordinates coagulation and blood pressure. The liver is essential in balancing water and salts and participates in the formation and activities of hormones and enzymes. Moreover, the liver is involved in lymph production and circulation, vitamin and mineral balance in the body, heat production, and detoxification. Did you have any idea just how important your liver is? Well, now you do!

Nutrients, once absorbed, are brought to the liver, where they are processed or detoxified and then released into the circulation to be used by the whole body. The liver secretes bile, which is then stored in the gallbladder underneath the liver. From the gallbladder, bile is released into the intestines by a process synchronized with meals and other natural cycles. Bile aids in the absorption of fats and Vitamins A, D, E, and K, through the intestinal wall.

Like it or not, and in spite of everyone's efforts to "go green," we still live in a toxic world, and the foods we eat are often no exception. When you eat, you take a great deal of toxins in your body. These toxins are modified, processed, and transformed in the liver, making the liver **the** major organ of purification, detoxification, and metabolic regulation in the body. This is the very reason people who excessively drink alcohol are overtaxing their liver; it is the liver's job to eliminate

the toxins we take in, and alcohol is among them. If it were not for the liver, you would “flood your engine” with toxins, particularly with the intake of hard alcohol products and other very toxic foods. The gallbladder stores and regulates the discharge products of the liver. (For a concise list of the liver’s important functions, see **Table 3**.)

Table 3 Liver Functions
<ol style="list-style-type: none"> 1. Metabolism of Proteins, Fats, and Sugars 2. Coagulation and Regulation of Blood Pressure 3. Balancing of Water and Electrolytes 4. Synthesis and Regulation of Hormones and Enzymes 5. Lymph and Bile Production 6. Balancing of Vitamins and Micro-Elements 7. Energy and Heat Regulation 8. Storage of Nutrients 9. Purification and Elimination of Toxins

Now, try to think of your liver and gallbladder in symbolic terms. Symbolically speaking, the liver purifies your “toxic situations” and problems that are or that are not in line with our plans and visions. By releasing bile at the most appropriate time, the gallbladder makes decisions involving your present and future. Ailments of the liver or gallbladder may symbolically indicate anger and hostility or a resistance to process life the way it is. For a better understanding of the liver’s position in the body and its relationship with other organs, please see **Figure 2**.

Symbolic Function

How many times have you heard about the term “spring cleaning”? The liver, much like the process of spring cleaning itself, symbolically relates to everything that suggests action, movement, building, or processing; all qualities associated with the spring season.

Spring is the universal symbol for new actions, new beginnings, planning, and building. Wind is also related to this network as a symbol of action and perpetual movement. Purification is an act of balancing. The associated color is green (think of the springtime grass turning green after a long, brown winter), the balancing color in the center of the solar spectrum.

Emotions

You probably already know that your feelings and emotions manifest themselves at different levels of intensity. Frustration, for example, can develop into anger, which can then amplify and be transformed into rage. For instance, someone on a road trip may get a bit annoyed or frustrated by what they view as inconsiderate drivers. If this continues to happen, depending on the emotional state, fatigue, and other factors, that person may get angry. From there, the person may become highly agitated, cursing and threatening other drivers in what we know as a fit of “road rage.”

You see, when feelings are suppressed, our corresponding emotional reaction is frustration. When they are partially expressed, our reaction becomes anger. When they are acted and shouted out, we see a nasty case of rage. Symbolically, we can say that anger is a response to a situation that did not turn out as we planned. Our expectations are not met, we experience this as instability, and the whole situation has to be processed all over again. Symbolically, this processing is accomplished by the liver, which may become overworked. Anger is, in fact, a refusal to see life in a different, unexpected way.

The next time you find yourself angry, try to give your liver a break and look around for an unexpected outcome to the situation that’s frustrating you.

Senses

Did you know that your liver plays a major role in the way you see the world around you? There is a well-known symbolic correlation

between liver and eyesight. If your liver becomes toxic and overworked, your vision will weaken. The interesting thing about this is that in scientific terms, there is no apparent explanation.

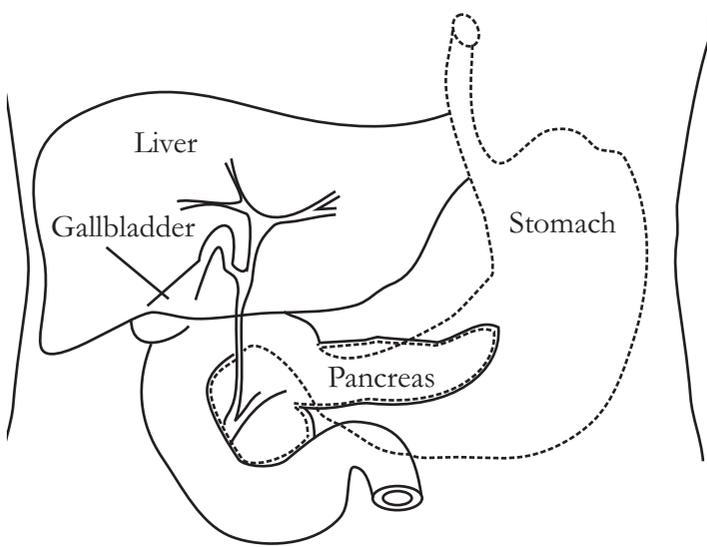


Figure 2:
Liver, Gallbladder, Stomach and Pancreas

In symbolic terms, however, when our plans are not turning out as we had expected, we subconsciously refuse to see and accept this “failure.” The mind subconsciously gets the message to shut down the vision, and the body acts accordingly.

Have you ever heard of someone being “blinded by rage”? In the extreme, this is exactly what can happen when your liver is trying to tell you something.

Organs

The health of your liver also affects your ability to function and move. Muscles and sinews (small fluid sacks that ease movement) are

associated with the liver in their capacity to move, accomplish action, and produce change.

Glands

Does your liver affect your libido? Most certainly! Building blocks for sexual hormones are manufactured in the liver. When the liver becomes clogged and does not function well, sexual hormone production is disturbed, and your sex drive decreases. The next time you feel like telling your mate, “I have a headache” or “I’m not in the mood,” maybe you should consider that the real answer is “My liver is a bit too clogged, dear,” though your mate may look at you a bit strangely! Just kidding, please don’t do that.

Vitamins and Minerals

If vitamins and minerals were not important, our mothers would not have demanded that we eat our vegetables.

The liver stores Vitamins A and B₂, which both play a role in the metabolic processing of proteins, fats, and sugars. They also improve eyesight and protect the liver from toxins. Sexual organs, skin, and hair need Vitamins A and B₂ in order to thrive.

Copper and iron are also important for healthy liver activity, and they play a role in the production and storage of energy, cellular respiration, and protection from oxidants. When the metabolism of copper and iron is disrupted, Wilson’s disease and hemochromatosis may occur, diseases characterized mainly by overloaded stores of copper or iron in the liver.

Timing

You know that the clock on your car dash, your computer, and your Blackberry manage to keep time even when you aren’t around, but did you know your body does the exact same thing?

According to traditional Chinese philosophy, there are energetic pathways within the body, which are activated in a strict sequence during a twenty-four-hour cycle, what we know as a full day and night.

Each organ network has the same two hours of maximum energetic activity within each twenty-four hour period. You might be sound asleep at eleven p.m., but symbolically speaking, your gallbladder is wide awake, working at its maximum rate to process what the liver has accumulated during that day. Its activity further stimulates liver activity, which takes place two hours later. All these processes happen while we are resting and while even dream activity is low so that our activities don't interfere with them. This works much in the way your local grocery store does, stocking its shelves in third shift when there aren't too many customers milling about.

THE CIRCULATION NETWORK: HEART/SMALL INTESTINE

This network represents the fire element, heat, summer, and the color red. It's quite fitting, really, since we could never have made Valentines for our childhood sweethearts without the red construction paper! We can compare the heart to a pump that distributes blood throughout the body.

Symbolic Function

The heart receives and redistributes blood, which is symbolic for emotions, love, vitality, and strength. The heart is a symbolic receiver and transmitter of love and emotions. By redistributing these, the heart helps maintain the emotional connection between the inner life and the external world. The continuous pumping of blood to all the cells is nourishing and life sustaining. Circulation also supports communication among cells. From the quality and quantity of blood passing through, a cell receives information about each organ's status. For example, a muscle cell is aware (through the quality and composition of blood) of how well the liver is processing, how much the lungs are oxygenating, and how well the kidneys are filtering, etc. There might not be little men running through our bodies keeping everything in working order like you imagined as a child, but blood does a great job keeping the lines of communication open.

The qualities of heat and joy are related to this network. They are expansive, loving, and radiating in nature. Summer is obviously the

season associated with heat, expansion, joy, and exuberance.

One of the most loveable characteristics we might find on a person is a natural rosy pink hue in their cheeks. Women spend thousands of dollars in cosmetics every year to attain this look. Why? Perhaps because it looks healthy, vibrant, and warm. Your skin complexion is a good indicator of how good the circulation flows, as it varies according to circumstances. During regular activity, it appears pale pink; faster circulation or congestion turns it reddish; slower circulation makes the complexion appear blue. Ever feel like you've got the "blues"? An area of congestion (lots of stagnating blood) is symbolic of an emotional hang-up. The body part involved is suggestive of what the hang-up is about. All inflammatory diseases show congestion, and this suggests the emotional component is also significant.

Did you know you could actually *smell* healthy when it comes to your circulatory system? Normal circulation gives an appealing aromatic smell to the body. If you've ever been in a hospital, you might have noticed a scorched or burnt kind of smell that is characteristic of disturbed or restricted circulatory function, particularly around dying people and those with vascular diseases.

Emotions

Have you ever had a good experience that leaves you feeling warm all over? In a symbolic way, your heart assimilates emotional signals and transmits them to every cell of your body. The function of the heart is to receive and spread love, joy, and fulfillment. As the heart fills vessels with blood, it symbolically fills your life with love and joy. Symbolically, the heart provides communication, support, warmth, and energy for the creation and growth of every new cell, both physically and spiritually.

Heart and Blood

Blood symbolically represents the love, joy, and nourishment

of life itself as it flows through the body, bringing vitality to the cells, tissues, and organs. Blood disturbances and diseases of the blood (such as leukemia) may represent a disturbance of joy, love, and nourishment; or it may signify some internal personal reaction to this joy and nourishment.

Believe it or not, when someone has a heart attack, the real issue goes much deeper than the actual heart muscle itself. The real underlying issue is about love and acceptance, about being open and connected. Cardiovascular problems are fashionable lately, and heart attacks are one of the leading causes of death. Heart attack patients typically lead strict, rigid lives, and ironically, their arteries match that lifestyle, for they are strict and rigid as well. The lesson here is that heart health may be about lots of flexibility and love.

During a heart attack, a person experiences pain in the front of the chest. This symptom symbolically translates into a denial of our ability to give unconditional love, to love deeper. It has long been said that to love others, you must first love yourself. This is very true, for the inability to love someone mirrors, in fact, an inability to love those aspects of oneself that are symbolically represented by another person. Some people would literally rather die than love themselves. These love denials are usually very specific and oriented toward something or someone in their life.

Clogs that block the blood flow in a heart artery physically manifest heart attacks. The location of the blockage also has a very specific significance (e.g., right, left, front, or bottom of the heart; see the **Index** at the end of the book). Clogs become lodged in places that contain heavy fatty deposits, where we symbolically feel the need to protect ourselves and resist the flow of life. In symbolic and subconscious terms, this may mean that without love and joy, life might not seem worth living, and this is exactly what is being manifested in a heart attack.

Small Intestine

Symbolically, the small intestine performs the same function as the heart, only on a different level. While the heart symbolically assimilates the emotional world, the small intestine assimilates physical particles into the body. Food is absorbed through the intestines according to our needs. After absorption, food particles enter the portal vein (the vessel that directly connects the intestine with the liver). All nutrients (except fats) travel from the small intestine directly to the liver, where they are purified and then sent out to the heart for distribution to each cell of the body. The majority of fats, however, are not routed to the liver for processing. The symbolic explanation for this is simple: Fats represent symbolic protection.

You may have heard about people “hiding” behind their obesity, as if the thin person inside is using it as a defensive wall for one reason or another.

All cell membranes are made of fat. Membranes have the distinct and important role of protecting the cells from outside injuries and imbalances while maintaining the internal liquids and stabilizing the individuality of the cells.

Fatty tissues also function as heat and electric insulators, symbolically translated into emotional and mental insulators.

What is the first thing you think of when you feel threatened? Truthfully, at that point, protection becomes top priority. We put our usual activity on hold and take care of safety matters first. This is the symbolic explanation as to why fats are not required to undergo processing in the liver before assuming their role as protectors. From the small intestine, fats pass through the lymphatic circulatory system and are quickly delivered into the bloodstream, where they are first distributed to the tissues and are only sent to the liver for processing at a later time.

Senses

There is general agreement that red is the color of fire, symbolizing energy, force, passion, activity, and strength. The corresponding emotion of the fire element is joy, which is symbolically transported by the blood to every cell. Blood carries in a liquid (emotional) form many life components, including oxygen – the symbolic spiritual spark of life.

Vitamins and Minerals

You probably already know that Vitamins C, B₃ (niacin), and B₅ (pantothenic acid) are important for the circulatory system. The strengthening and toning effect of Vitamin C on capillaries is well documented. Vitamin B₃ stimulates the circulation and may even produce hot flashes when ingested. Vitamin B₅ plays a vital role in the formation of hemoglobin, an important element that gives the blood its red appearance and carries oxygen to the tissues.

Sodium and potassium have a positive effect in maintaining a good blood volume balance. These important minerals will be further analyzed later in the book when we explain the symbolic cell function.

Timing

Noon is the time of day when the effects of heat and activity are at their peak. The energy of the heart is full between eleven a.m. and one p.m., followed by the small intestine, which peaks between one and three p.m. This is why most cultures eat their largest meal of the day shortly past noon, when the digestive energy is utilized most efficiently. The next time you are on your lunch break, remember that your heart and small intestine have just been working very hard for you!

THE DIGESTION NETWORK: SPLEEN/PANCREAS/STOMACH

Even if you had trouble with all those beakers, formulas, and textbooks in your high school chemistry class, each one of us is naturally equipped for chemistry that occurs every day. Chemical digestion of food begins in the stomach. Later, as the food reaches the small intestines, pancreatic juices (which contain the most powerful digestive enzymes) break down the food elements into fats, sugars, and proteins. There is also a separate function of the pancreas in which a special secretion named insulin helps to assimilate and digest sugars.

The function of your spleen is to digest old or worn-out red blood cells and other elements of blood that are no longer necessary, such as microbes and foreign substances. After filtering the blood, the spleen acts like a sponge that absorbs and stores blood. These stores are sent back out into the circulation when the body requires them. In this way, the spleen controls the circulating blood volume. The spleen also produces antibodies, the little warriors that help our body destroy foreign substances that cannot be digested in a normal way. If necessary, the spleen can also activate white blood cells to digest potentially harmful substances and bacteria.

In summary, this network regulates and distributes unprocessed materials. Through the stomach, spleen, and pancreas network, we symbolically assimilate and balance the building blocks of life.

Symbolic Function

Eating is a symbolic substitute for assimilating life events. People with good digestion are symbolically well prepared to digest life. On the other extreme, those who do not assimilate life experiences very well may have indigestion or fall into the habit of eating a lot. In general, we tend to overeat when we are bored but forget to eat when we are really engrossed in an experience.

Yellow is the color associated with this network, symbolizing cheerfulness and easy assimilation. Like the beautiful, life-giving sunrises on a beach full of tourists, yellow stands for relaxation and expansion, which is exactly what our digestive organs do when we sit down to eat. Relaxation also implies relief from burdens or restrictions; therefore, eating is sometimes used as an escape from stressful experiences. Chances are, you know a few stress eaters, or you may even be one yourself.

We all long to experience and digest the symbolic sweetness, love, and harmony of life. A special substance called insulin, secreted by the pancreas, helps the sugar within our food become absorbed by the cells by crossing the cell membranes. When we experience a disturbance about accepting our sweet feelings, we can manifest a condition that lets sweetness pass right through the body without being absorbed into the cells. This disease is called *diabetes mellitus*, which literally means “sugar passes through.” When this happens, we do not hold and thoroughly assimilate the sugar; instead, we let go of it.

Senses

Taste, on the psychological level, can be considered a selection tool or a way of trying what we eat. Tastes can vary depending how hungry we are. For example, if you are very hungry and pizza is your favorite food, the first few slices you devour will taste very good to you. But after a while, as you fill up, the taste becomes neutral or even unappealing. Ideally, when your digestive system is balanced, you can

rely on taste to tell you what your body needs at any given moment. If the pizza begins to taste like cardboard, your body may very well be telling you, “Hey, you don’t need anymore of that!” This is one of the reasons any woman who has been pregnant can attest to strange cravings. There was something in that three a.m. butter pecan ice cream and dill pickles and sardines that your body needed at the time, so you craved the tastes of those foods until those needs were met. Today, those same foods might turn your stomach.

Taste, however, can also indicate some emotional imbalances. You may notice yourself craving sweets when you need love and affection. The chocolate industry thrives on husbands apologizing to their upset wives with heart-shaped boxes of chocolate covered goodies! At other times, though, when you are emotionally satisfied, you may not even notice the candies or sweets placed just in front of you.

Emotions

The psychological equivalent of welcoming, embracing, and absorbing new concepts is called *imagination*, the importance of which we have already discussed. Through imagination, we digest new opportunities, accept new experiences, and find new solutions. Imagination is absolutely essential to the wellbeing of people. Without the creative anticipation of visions, hopes, and dreams, we stop growing and die, just as the body dies without food.

On the other hand, when we encounter ideas or experiences that are difficult to face, we may find ourselves mentally rehashing them over and over. This psychological rumination is known as *worry*. Symbolically, this kind of psychological refusal to accept our circumstances manifests as retching, clearing the throat, belching, nausea, and vomiting – all symptoms associated with physically rejecting or reversing the process of the digestive system. By throwing up, we symbolically reject an experience. Nausea is one of the most common symptoms in the medical field, as it symbolizes one of the first symptoms of not accepting change.

Vitamins and Minerals

Vitamins B₁ and B₆ are known for their effect in reducing motion sickness (nausea) and improving digestion. Vitamin B₁ maintains balance in the nervous system, which is necessary for us to think clearly and be capable of imagination. Vitamin B₁ also helps the forward movement of the digestive system and the absorption of sugars and oxygen into the cells. Vitamin B₆ may be beneficial in relieving the hardening of the arteries (arteriosclerosis). Arteriosclerosis occurs when one's experiences are no longer properly assimilated and the flow of joy in life is restricted (less blood in the arteries).

Manganese and zinc are essential elements that help the body grow by participating in hundreds of chemical reactions that take place in the human body. Remember, you ARE a chemist, whether you know it or not! Manganese strongly correlates with the B vitamin complex. Zinc and Manganese are essential in the proper functioning of the pancreas in digestion and assimilation.

Gland Regulators

The thymus and the spleen are two glands that are major regulators of our immune response. They work in close connection with the lymphatic system.

The way our immune system responds to events is proportionate to our enthusiasm for life, our readiness to absorb new experiences, our sense of being "attacked" and our openness to growth. Paranoia, fear of vulnerability, and the belief that something is out to get us contributes to low immunity. Coaches in half-time locker rooms are well aware that their team will perform its best when there are pep talks to boost their courage and reduce paranoia and fear. When we are convinced that something is out there to attack us, we develop a symbolic internal equivalent by creating something inside to attack us. This condition is known as an *immune disease*. All immune diseases have one thing in common: the body attacks its own structures. Symbolically,

when we don't accept who we are, we don't acknowledge ourselves as creators of our own experiences, and we act out the role of victims. Ironically, we then become victims of ourselves, which is exactly what immune diseases are trying to tell us.

Timing

The digestive network energy is at its height in the morning hours. Between seven and nine a.m., we begin a new day, ready to absorb new experiences. The energy of the stomach is maximal at this time, followed by the spleen and pancreas energies two hours later. This ensures optimum accumulation and integration of new experiences into the whole. This reminds us that what our mothers always told us was correct: Breakfast IS the most important and most assimilated meal of the day!

THE RESPIRATION NETWORK: LUNGS AND LARGE INTESTINE

You already know that your lungs enable you to partake in the literal breath of life and that they are a vital part of living. What you may not realize is that we also symbolically receive spiritual energy and guidance through the breathing process. Inhalation and exhalation instills rhythm and order in the body, mind, and emotions. This process is so important that we cannot live without it – not even for five minutes. If you don't believe me, try reading this entire chapter while holding your breath. I'm sure your body will not be too happy if you try it!

Symbolic Function

Respiration symbolically defines the extent to which we can expand (accept) life.

Think about it for a moment, and you will realize that your lungs are really the only one of your internal organs that has direct access to the exterior of the body, to the world around you. Lungs set boundaries between the internal and external world. Like an internal skin, the lungs delineate an inner border or meeting place between you and the universe.

The skin plays a similar role by defining your external border or contact surface with the environment. Lungs and skin are reshaped and restructured according to conditions and needs. When there is no involvement in an activity, for example, the breath is shallow.

A significant part of the blood that flows toward the lungs does not fully reach the lungs. This means that the connection between blood and air – between inner and outer – is minimal. Think about the last time you were actually physically excited with an enjoyable activity. Chances are, your breath deepened, as we often breathe more deeply with excitement. During that time, more blood vessels take on more oxygen, and the energy flow through the body is increased. The symbolic purpose of inhalation is to create new open spaces for life experiences, ideas, and emotions. Old patterns, feelings, and emotions are eliminated through exhalation. Thus every breath is a symbolic step forward in life.

The symbolic role of your lungs and large intestines, therefore, is to take in what you need and discard what has become obsolete. The lungs expel the old and useless and the large intestines give back the obsolete back to nature in order to be recycled.

Do you ever wonder why when you are upset, the first thing people tell you to do is to take a deep breath? Old fears and resentments may be released simply through deep breathing. It comes as no surprise that deep breathing techniques have been used since ancient times to promote wellbeing and longevity.

The breathing rate influences other functions in our lives. There are important correlations between breathing and other body functions, the most well known of them being the heartbeat/respiration ratio of four-to-one (4:1). There are also less known correlations like the one between the rate and pattern of breathing and brain waves. Yogis and other wise individuals may purposely use different breathing patterns to reach different mental states associated with specific brainwaves.

White, the associated color of this network symbolically stands for purity, complexity, and spiritual balance of life. Whenever we disregard our hidden need for balance or resist life experiences the way

they are, grief and sorrow are bound to follow. Symbolically, everything then seems to be falling and contracting in the air and also in the large intestines.

Organs

Lungs symbolically represent the ability to take in, welcome, receive, and let go. They are the most spiritual organ of the body, symbolizing allowance, connection, receptivity, processing, and elimination all in one. Just as sunlight is a synthesis of all the colors, so the activity of the lungs can be regarded as a synthesis of all the major body functions.

Emotions

If you've ever seen a child throw a temper tantrum, you might be able to understand that we have a tendency to hold our breath when we become too sad, tense, angry, or stubborn. This happens because breathing represents acceptance and letting go – quite the opposite of holding back. In a medical emergency, one of the first steps in resuscitation is to give the patient oxygen. Deep breathing can be used as a powerful tool for breaking through any kind of crisis, be it medical, emotional, or mental. By inhaling, we symbolically accept life to flow in the way it is.

Coughing symbolizes rejection and opposition, as in when we refute what someone says or what we feel or think. Here is a revealing experiment you can do: The next time you cough, recall exactly what you just thought, felt, or heard at that time, and discover the source of your defensive reaction. What is it something your subconscious refuses to accept or does not like? Chances are, it has little to do with a frog in your throat and more to do with something going on deeper inside you.

Senses

The sense of smell is associated with breathing; we couldn't smell anything without taking in a breath. The next time you suffer from

a stuffy nose, realize that you most likely feel stuck in a situation and refuse to flow with it. During this time, you might ask yourself questions like “Why me?” or “Why do I always have to do these things I don’t like doing?” The answer is always simple, yet difficult to acknowledge: We ourselves have designed life to be exactly the way it is, very carefully, through subconscious choices. People often say when they witness a tragedy, “It could have happened to me.” But no, it could not and did not, because all life events are carefully planned by the subconscious, and they happen for a reason well known by our inner self. It happened to others because their subconscious most likely planned it that way.

Gland

If you’ve ever been to any kind of event – a wedding, a school play, a press conference, a concert, or a debate – you know that rhythm and order is highly important if the event is to function effectively. Think of your thyroid gland as an event planner, a conductor. The thyroid is an endocrine gland located in the front of the neck, and it is involved in establishing rhythm and order by setting up cycles and patterns for all the bodily functions. This gland regulates the metabolism (the speed of the internal fire) and, similarly to the lungs, it gives strength and energy to all the tissues while maintaining the most efficient rhythm for every cell.

Vitamins and Minerals

Vitamin E supports the respiration system, helps the symbolic chemical reaction of life (redox), and promotes absorption of oxygen at the cellular level. What the lungs accomplish at the level of the whole body, Vitamin E repeats at the microscopic cellular level by helping the cells to absorb vitality and adapt as necessary. Vitamin E protects the cells from toxins by promoting deep breathing at the cellular level (both literally and spiritually). Only by accepting life and remaining open to change can the cells be healthy and function harmoniously. Vitamin E has a strong antioxidant effect and is utilized for maintaining tissue youth.

Phosphorus is present in nearly all of the energetic, physical and informational systems of the body (DNA, RNA, and phospholipids) and plays a crucial role as an energy source for breathing. Phosphorus is involved in processes that involve energy storing substances. The link with oxygen and breathing is overwhelming.

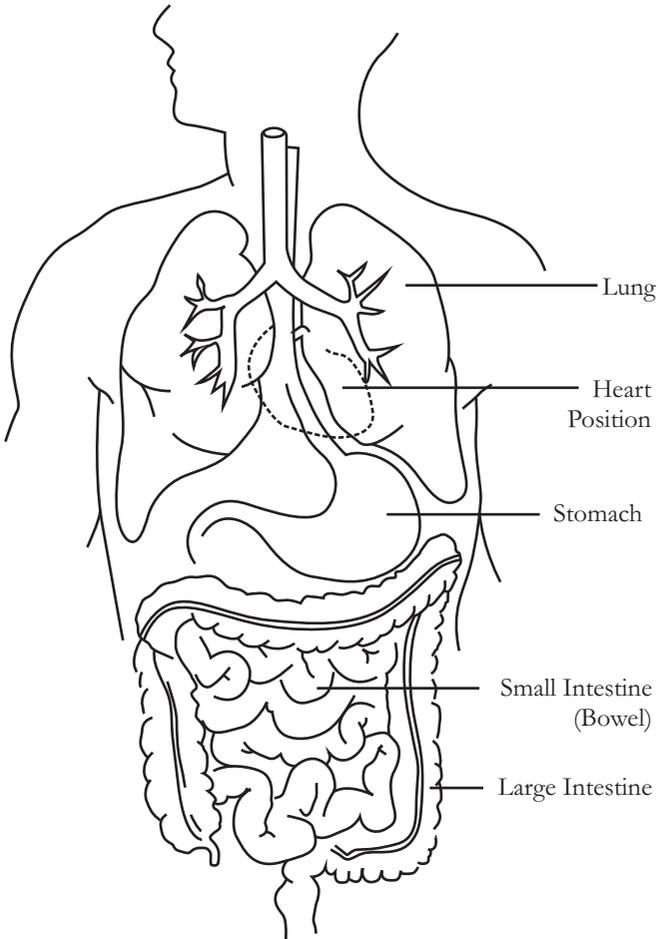


Figure 3:
Relative Position of Major Organs

Timing

Optimum energy flow in the lungs occurs between three and five a.m. This reflects the notion that we receive much spiritual guidance in our sleep and dreams. Lung activity is assisted by the fact that the body is lying down fully relaxed, while the mental barriers and inhibitions are removed.

Just before the beginning of a new day, between five and seven a.m., the large intestine reaches its maximum energy by processing and letting go of the past. This process is symbolically and literally creating open spaces for new ideas, experiences, and emotions, and welcomes the new day that is about to dawn.

THE ELIMINATION NETWORK: KIDNEYS AND BLADDER

Elimination is performed through four main organs of the body: kidneys, lungs, large intestine, and skin. We've already discussed the importance of the lungs, large intestine, and skin, but the kidneys are the most representative elimination organ and are responsible for concentrating, filtering, and balancing the body fluids. Kidneys filter salt out of the fluids and eliminate old water (symbolizing emotions), thus maintaining the health of the fluids that surround every cell. When the kidneys don't function properly, there is an accumulation of waste products around the cells. Cells then become toxic and deprived of energy, information, and vital power.

The kidneys and bladder are located deep in the abdomen (see **Figure 4**). Kidney function is continuous, but the liquid filtered by the kidneys is stored in the bladder and released from time to time.

The kidneys get rid of unusable salty substances and excess water (emotions). You have probably been told time and time again that drinking an ample supply of water is important. The reason for this is because a minimum amount of liquid must continuously pass through the kidneys in order to dissolve and flush out the toxins.

Symbolic Functions

Water, the symbolic emotional element of life, is flowing and adaptable. Without emotions and feelings (symbolized by water), there

is no life. Just as we regulate our body fluids (mostly on a subconscious level), we also process emotions without being aware of the whole procedure. In the event of a hemorrhage or a swollen, fluid-filled body part, these events call for attention to emotional processes that need to be addressed by the conscious mind.

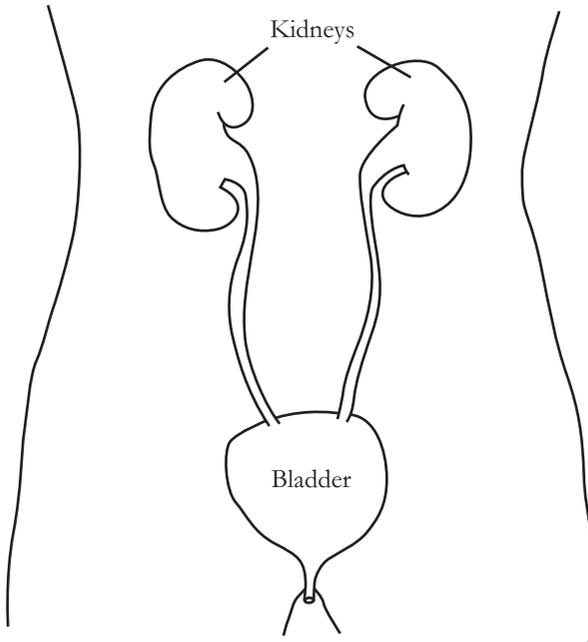


Figure 4:
Kidneys and Bladder

Water is a carrier for dissolved substances, energy and information. Symbolically, water represents the flow of life passing through us. From this flow, we select those experiences and relationships that we need. We also select our obstacles, as well as our joys. Kidney function symbolically represents the ability to flow with life and allow events to flow, all the while filtering out and letting go of that which is unnecessary.

The main purpose of your bladder is to store and discharge liquid. This symbolically represents our ability to contain and release emotions in accordance with present circumstances. Our emotions are continuously flowing, as is the “water flow” through our kidneys.

Throughout the day, we experience different emotions like joy or anger, and these need to be released several times a day. These releases are symbolized by the bladder releases. By doing this, we symbolically let go of subconscious emotions in order to provide space for new ones. Ailments of the bladder are about control issues and holding onto old concepts and emotions that need to be eliminated. Water is the symbol for emotions that need to be expressed.

The symbolic colors of the elimination network are dark colors – gray and black. They symbolize underground transformation of new facts, ideas, emotions, and circumstances. Black symbolizes detachment and non-involvement.

The black attire of someone in mourning tells us they are contracting and protecting themselves from disturbing external energies. After some time, they finish the cycle of a hidden regeneration, accept the facts, and begin a new cycle. It is interesting to note that certain cultures associate other colors with death and mourning. Other colors may be white, representing purity and oneness with the universe, or purple, the color of spirituality. In American culture, death is typically viewed more negatively than in some other cultures worldwide and this maybe the reason why black is considered the mourning color.

Symbolically, winter has the same significance as the elimination network. When the trees lose their leaves and the grass grows brown and a chill strikes the air, do you feel relaxed or depressed? Do you expand or do you go inside? It may seem sad and dreary outside if you allow yourself to see it that way, or you can honor it as a necessary part of a new life cycle. Winter is a time of rest and transition of going deeper inside and of transformation.

Cold generally causes contraction. Our muscles contract in times of fear, tension, and cold. This contraction limits the blood flow, which is symbolic for the joy and the power of life. Winter is a time to be on a quiet, regenerative path that prepares us for a new beginning in spring, just as the sleeping trees are calmly developing blossoms deep within as they rest.

Senses

The ears have been correlated with kidneys since ancient times. Kidneys and ears have the same embryological type of tissue at their origin. Medication that damages the kidneys has a hard impact on hearing as well. Patients who experience kidney failure (with blocked kidneys) usually show a corresponding hearing loss. Ears and kidneys have similar shapes and a similar symbolic function – to filter waves (liquids and sounds) in and out of the body.

Emotions

When you find yourself “paddling upstream” against the current of life, not understanding why things seem so difficult, the emerging emotion is fear. Fear manifests with control issues and lack of trust in the wisdom that underlies the design of all experiences. The result of fear is a symbolic contraction, isolation, limitation, and a blocked flow of life.

Salt attracts water in the circulatory system, and the water flushes the kidneys. Therefore, salt helps us deal with internal subconscious emotions. Think about the last time you had a strong craving for a salty snack, maybe some potato chips or cheese crackers. Were you worried or anxious about anything? When people crave salt, they are subconsciously processing their fears in order to reestablish the natural flow of emotions. The salt in those chips would have served to symbolically help you release some of your fears.

Organs

Shins, knees, and ankles initiate the movements of stepping

forward, away from the past. You might not have noticed this before, but think of yourself taking a few steps. When walking, the feet alternate from being the most backward to the most forward parts of the body. Knees and ankles represent the ability to bend, to step forward, to be flexible, and to support us.

Vitamins and Minerals

Vitamin D is activated by the kidneys and plays a role in the absorption of calcium and phosphorus into the body. Vitamin D also helps with the assimilation of minerals into the bones.

Magnesium is essential in the energetic metabolism, strengthens the bones, and participates in hundreds of chemical reactions. The balance between calcium and magnesium is essential for our wellbeing. A disturbance of this balance causes body quivers, contractions, spasticity, fears, and anxiety, as well as heart, kidney, and bone problems.

You may know someone who has suffered from kidney stones, or perhaps you have had them yourself. These abnormal, painful, out-of-place hardenings could be considered symbolically equivalent to a new support structure, old concentrated fear reactions that block our ability to let go of unnecessary emotions. Fear is the underlying issue, which manifests as an attempt to create a fake support system around fearful circumstances – to make sense out of it and use it in daily life. This is an attempt to use it but this kind of fear is not supportive and needs to be released not integrated or built upon.

Timing

Between three and five p.m., the bladder reaches its energetic climax, allowing us to accumulate and hold the day's emotions and experiences. Appropriately, the kidney energy peaks next between five and seven p.m., as we contract, filter, and let go of the old day's emotions in anticipation of a new one.

Part III

**THE SYMBOLIC APPROACH
TO DISEASE**

* * *

“You must embrace in order to change.”

* * *

SYMBOLIC DISEASE

Perceiving the human being as a whole is a worthwhile goal; however, it is not always easy to consider and account for every aspect of a human being, much less the myriad of interconnections that are at work within an individual. Still, though, the more we shift our frame of reference toward a comprehensive vision of human nature and disease, the more we expand our consciousness to new horizons of understandings, possibilities, and solutions. In other words, the larger your vision, the more solutions are possible.

It is important that you look at the “big picture” when it comes to your health and wellbeing – to look at the whole person that you are. Let me demonstrate this in a concrete and practical way.

Science deals with reality by using descriptions or models based on the standards of our current understanding. For example, people like to say that the brain is like a computer. This statement recognizes only the computer-like features of the brain; the rest is ignored. The brain may, in fact, be infinitely superior to a computer, but since the computer is the highest technology we know today, this description is highly valued by us. Obviously, such descriptive models only measure what is mirroring some aspects of life at a given point in time; whereas the totality is never accessed. To say it simply, our concepts are limited by our worldly experience and vice versa. This is a vicious circle that greatly affects our level of comprehension and truth.

Lately, the vicious circle has become more and more apparent in science, and it continues to baffle everybody. For example, those familiar with quantum physics know that it has already been established that solid matter is an illusion and that we are all made of vibrations. What is less well known are the far reaching, mind blowing consequences of this discovery.

For example, if everyone is vibration, then everyone generates vibrational fields that create multidimensional connections reaching far beyond space and time as we know it. This literally means that our vibrations instantly affect every point in the universe. And, as if this weren't enough of a mouthful (or a brain full), these quantum fields actually affect the past and future! If this all sounds too confusing, in a nutshell we can say that the religious or philosophical claims of universal oneness have now been stumbled upon by science.

That's right! Science, religion, and philosophy have finally agreed upon something, and that something is that in some way, we are all living in a shared universe where our actions produce consequences and vice versa.

The discoveries of the theory of relativity are no less outrageous. Consider, for example, that you are looking at a beam of light. From your frame of reference, you would say that the light particles are traveling through space. However, from the perspective of the light beam, the beam requires zero time to travel; it travels at infinite speed and reaches every point in the universe simultaneously. Neither space nor time exist for the light ray, so, in fact, it doesn't travel at all. Time only exists for an outside observer, and through light, everything becomes one. In a very real way, light is the gateway toward universal oneness. It is hardly coincidental that religions and spiritual teachings abound with sayings like "God is light... God is love... we ARE oneness."

Let's not forget that all of the atoms forming our physical bodies are nothing but electromagnetic vibrations. What this means is, your body is truly and quite literally made of light. Thoughts and emotions are the results of certain substances and nerve connections in the body; these are arranged according to specific atomic and molecular patterns that radiate specific electromagnetic energies. Simply put, our thoughts and emotions, too, consist of nothing but light. And we now know that every light particle and combination of particles that make up who we are (our bodies, thoughts, and emotions) is instantly connected to the entire universe. The theory of relativity effectively implies that there is an underlying unity at the basis of the universe and all of creation.

So, what does all this theoretical, scientific, religious, and philosophical light traveling talk mean? It means that you – yes, YOU – have the power to make changes! These discoveries indicate that we truly have the power to actually alter any reality and change the universe. Modern quantum physics emphasizes the fact that, in the absence of an observer, the external world does not exist in a well defined sense. The world begins and ends only because of us and only with us. We truly are the center of our universe – and of any universe we choose!

There is much more to these fascinating theories of our most advanced scientific minds; you can check them in every book about quantum physics or the theory of relativity. For now, though, let's see if there is a way to capture quantum reality when dealing with disease.

Speech, our mechanism of expression, is a vehicle of emotional communication. We always need to take a position relative to an event in order to observe the event and talk about it. When an event is subconsciously perceived as neutral, it doesn't resonate with us, so we usually don't discuss or even notice it. In other words, the world takes its definite shape only in relation to an observer – to *you* – as quantum physics would corroborate; so you *are* the creator of your universe. And that's exciting news for you!

So, you must be wondering how you go about creating your perfect reality, something good for yourself. The simple answer is: Pay attention! Since we *are* the universe, everything around us is a reflection of the status of our universe.

Everything that we may find ourselves talking about is a symbolic mirror of ourselves. All it takes is for us to watch and listen. We are always expressing to ourselves what's going on, be it how nice, how ugly, how boring, or even how neutral.

This emotional response indicates a deviation from our position of neutrality, which makes us pay attention to things. Something can stir us *only* if we have an issue of interest or a lesson to learn about that issue.

This is why, for example, cardiologists see heart problems everywhere. They wouldn't be cardiologists without their resonance with the subject of love, because they would not notice heart diseases and would not have an interest in it in the first place. Once they resolve those issues, they might change careers. And just for clarification, the word *issue* here is not meant to have a negative connotation. We can label our issues positive or negative if we wish, but these labels are not intrinsic to the subject. Remember, there is no absolute good and bad!

It is possible that two different cardiologists may seek out different lessons about the same disease. These doctors may also mirror our society with our variety of needs.

On some level, we all resonate with these issues; otherwise, our society would not produce cardiologists in the first place. Once individuals learn their specific lessons, they ultimately promote a resolution of these personal and collective issues for many of us. In other words, once this is accomplished, part of the task has symbolically been completed for the humanity as a whole not just for them as individuals.

We have been educated to look outside of ourselves for answers to problems. By doing this, we can fall into the trap of blaming circumstances and assuming the role of victimhood, which is as old as humanity. Adam and Eve blamed the serpent for their act of transgression. By not taking responsibility, they gave away their power, dissolved oneness, and created polarities. Their unity with the Creator later split into duality: inside/outside, good/bad, I/the other. Thus, they helped define and give birth to the world of duality we know today. Whether you take the Bible at literal face value or not, the story of Adam and Eve symbolizes us, still looking elsewhere for answers about who to love and who to blame, about good or bad, how to act, what to feel, and who will heal us.

Unfortunately, our medical establishment is based on this duality and is concerned, for the most part, only with suppressing symptoms. This creates dependencies on technology and treating bodies like machines. Medical professionals are not trained to heal the internal issues that cause external manifestations. When your doctor treats your symptoms rather than the underlying issue that triggered those symptoms, the same symptoms often appear, sometimes with increased intensity or in a different form.

If you treat a toothache by taking aspirin for the pain, the cavity causing that toothache will only fester and grow, and this can result in more frequent and more painful toothaches and even worse problems like the decay of surrounding teeth, abscess, or infections that can later threaten the entire body. You need to treat the cavity and not just the toothache. In other words, we should be focusing more on finding remedies for the causes instead of just appeasing the symptoms.

Sometimes a new symptom or disease may occur and complicate the matter. In our hospitals, virtually nobody except a priest is willing to ask how a patient is feeling on a deep spiritual level. What is the patient's purpose in life? How does he see his life relationships, emotions, his past

and future, his unfulfilled desires? How does he feel about his disease and symptoms? Why is there a need to experience them? What kind of person does he truly long to become? Admittedly, the majority of patients would have only vague, unclear answers to these questions, or they may not be willing to take a closer look at themselves and answer the questions at all. Many patients would prefer an outside quick fix. However, as more and more patients seek healing at the deeper levels of human nature, inevitably, science and modern medicine will follow the trend.

Cause versus Correlation (Heart Disease and Cholesterol)

The modern scientific approach to illness and disease is focused on studies and statistical correlations. Even though the correlations may be significant, the real causes and sources of these diseases are not easy to establish. Medical books contain long lists of what they consider to be causes of disease, but all the lists in the world cannot answer exactly why one person ends up with this disease and someone else, a person with the same diet, weight, exercise, age, and smoking habits does not. Science cannot explain why this person got sick at this particular point in their life and how symptoms correlate with other events in their life. Science also cannot explain why even the people with the healthiest of lifestyles can become desperately ill. Science does not have the answer to the question, “Why me?” – a question you may very well be asking yourself even now, as you read this book.

Statisticians know that correlations and associations might have different causes. Sometimes an association may work for different reasons than we actually see. An association A-B may have a common source C on a level that we cannot perceive (see **Figure 5**), and we may think that A causes B; when in fact, C is the cause for both of them. Imagine that an abundance of robberies take place at night. Does this mean that nighttime is the cause of the robberies? Certainly not. Therefore, trying to reduce robberies by installing artificial light

may work to some extent, but it does not remove the actual cause of robberies, which could be everything from desperation to gang affiliation to immaturity or revenge. In the same way, we can say with a fairly high degree of confidence that it is not cholesterol, fat, lack of exercise, smoking, drinking, and indulging that cause certain diseases. These elements are merely correlations; in other words, they just so happen to appear in conjunction with disease.

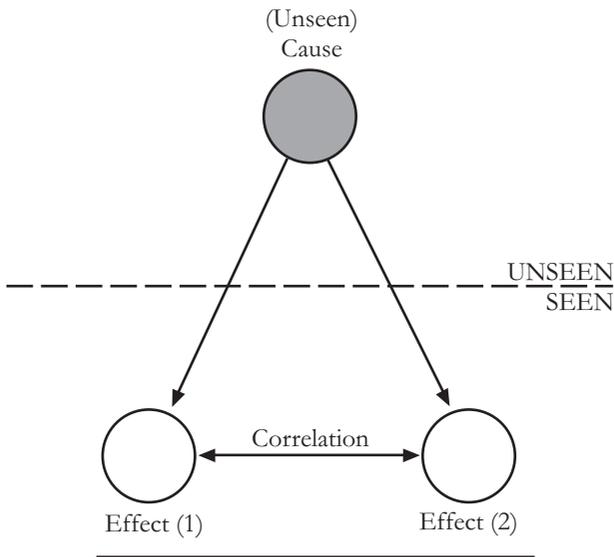


Figure 5:
Obvious Correlation (1-to-2) is Perceived
as a Cause-and-Effect Relationship

Cholesterol has been blamed for many health problems. There is much money and politics involved in this issue, and interests are high to make you believe that cholesterol is evil. If cholesterol causes heart problems, then why is it that half of the heart attack patients have normal levels of cholesterol? It is true that many individuals with a higher level of cholesterol are at increased risk for heart attack, but so are people who snore or speak English. Just as the nighttime was not the cause of that spree of robberies, the fact that half of the heart disease

subjects have a higher level of cholesterol does not necessarily mean that cholesterol is the source of the heart attack. There may simply be a high correlation between the kind of behavior that generates both fat and heart disease. It may also mean that a deteriorating condition of the heart could need or produce a higher level of cholesterol. There is, in fact, a correlation between fat cravings and emotional denials that create heart disease. Eating fat does not directly create heart disease it's the emotional denials that cause a heart attack and also create cravings.

Cholesterol is a kind of fat that is essential to our bodies, just as vitamins are. It is actually more important. Without cholesterol, life as we know it would not be possible. All our cell membranes contain cholesterol, and half of our body's hormones (including the sex hormones) are made of cholesterol. Your brain is 75 percent cholesterol!

In fact, cholesterol is so crucial to life that nature provided a mechanism to make sure that we will never lack it. The liver manufactures cholesterol continuously and ensures that the cholesterol supply is never based on sole ingestion from external sources. More than two-thirds of it is manufactured inside the body, according to our needs, leaving less than one-third to be gleaned from our diet. This is why people with normal diets may still have a high level of cholesterol.

Everything around us exists to help us in some way, and cholesterol is no exception. Perhaps this sounds contrary to what you've heard from the medical world, but let's try to understand how cholesterol may be helpful to us. Millions of times a year, the heart beats to pump blood through the blood vessels. If, for whatever reason, these vessels lose their elasticity, they can develop small cracks due to rigidity. The body, in its infinite wisdom, sends cholesterol to the rescue and patches these cracks with a glue-like bandage. In order for the patch to stay in place, it needs to become oxidized and calcified; in other words, it has to be transformed into a semi-permanent patch. However, when the patch itself becomes rigid, a new crack may later develop. In this way, the body

plasters itself with patch over patch until the blood vessel becomes almost blocked. The more rigid your arteries are, the more patches you need, so your body will manufacture more and more cholesterol. Overwhelmed by the body's constant demand for cholesterol, the liver goes into overdrive, trying to meet the need for "glue."

High cholesterol in your blood is a sign of rigid arteries, symbolizing a rigid way of life. It is this rigidity, this refusal to feel and flow, which ultimately causes heart disease. As you can see, cholesterol might be nothing more than an innocent bystander that came into the picture to help. When it comes to cholesterol, the path to heart disease is truly paved with good intentions!

An elevated level of cholesterol in the blood also symbolically reveals two emotional issues: an increased need for joy (reflected by narrowed arteries), and a need for emotional protection against the lack of joy - that translates into fatty deposits inside the arteries. Reducing cholesterol by medication works to a point but has nothing to do with healing the disease.

The emotional denial that creates the craving for fat is also what contributes to heart disease and high blood pressure. If someone refuses to feel, depending upon what the refusal is about, this person can contract heart disease, high blood pressure, or diabetes. These are all associated with fat, but it is not the fat that caused the disease. If this were the case, only the obese would develop heart disease.

Fat and Symbols (Diet)

If you keep in mind that you are not a victim and that everything around you mirrors your thought patterns, you will come to the realization that every disease and craving is helping you see your issues. Then, if you can consciously realize why there is a need for a craving or disease and how it mirrors your thought patterns and emotional status, we can eliminate those issues much faster and release the *need* to be sick.

Yes, you might actually need to be sick! Perhaps you crave fats, salts, or sugars. Maybe there is a reason you feel compelled to eat potato chips or sneak a couple of candy bars from your child's trick-or-treat stash. There might be an underlying need for these things because they help you deal with the issues involved. If you are able to resolve the issues that communicate to you through the craving, that specific craving will disappear.

Each of the three basic flavor cravings (fats, sweets, and salt) holds a specific symbolic function. Fats help us deal with anger and process emotions and life circumstances that made the anger manifest. Sugar is an artificial substitute for love and sweetness in our life. Salt helps us flow and let go of unnecessary burdens and deal with fears.

The presence of fats in the stomach triggers a release of bile from the gallbladder. Bile, in turn, is necessary for further absorption of fats. Fats are then assimilated and distributed to the body cells, where they act as mental and emotional insulators. As you read earlier on, fats protect you from the mental and emotional onslaught of the circumstances that made you angry. This insulation gives processing time to the liver. Depending on how well the liver symbolically deals with and processes the situation, more or less bile is formed. Anger elicits contractions of the gallbladder, and a discharge of bile increases the liver function.

We can reach two important conclusions from this. First of all, we need fats when we are angry, because the fat acts as a mental and emotional shield that protects us from anger and helps us clear it. Secondly, the fat content in our body is not relevant as a direct cause of disease. Instead of being so concerned about the fat content in our food, we had better find and resolve the issue that makes us crave the fat in the first place.

Any craving is a reflection (symbolic mirror) of an issue we carry. If my earlier mention of potato chips and chocolate has you

wanting to run to the pantry, stop for a moment and really *listen* to your emotions. The craving comes to communicate something important to us; thus, it is a messenger, not an enemy. Listen to your cravings, and try to understand them because they all serve a good purpose and can help you grow in understanding of what is going on within you physically and emotionally.

Symbolic Complications (Diabetes)

Most of the fairy tales we loved as children end with love and harmony, with Prince Charming and his Princess riding off into the land of happily ever after. Why do we resonate so well with these kinds of happy endings? We all have a desire to experience love and harmony in life. Deep inside our bodies, there is an organ that symbolically helps assimilate this feeling of love and harmony: the pancreas. The pancreas secretes juices that facilitate the symbolic absorption of the sweetness of life. Specialized cells in this organ help us assimilate symbolic experiences at a deep cellular and spiritual level.

Insulin, a substance secreted by the pancreas, assists sugars in crossing the cell membrane to be symbolically absorbed into the basic structures of our beings. Our need to ingest sweets depends on how removed we feel we are from love and harmony in life. You may have noticed that when people feel lonely and unloved, they eat a lot of sweets. When we feel loved and happy, we don't need the sugary substitutes. Our children crave love. If we give our children generous amounts of affection and caring, their craving for candy will surely diminish. Simply put, indulgence in sweets may represent a sweet escape from daily meals over life experiences.

Chocolate, in particular, is a symbolic substitute for physical affection. Chocolate is solid (physical) and contains sugar and caffeine, representing love and excitement – both emotions related often to human sexuality. Since it does not belong to any of the food families, chocolate symbolizes an exciting, sweet escape from the routine of daily

experiences. Vanilla, a fine flavor found in mother's desserts, is a symbol for family unity. So, symbolically speaking, a craving for chocolate or vanilla ice cream may represent a need to soothe specific desires related to issues of escaping the daily routine, like sex or family desires.

It very well could be that people who suffer from diabetes feel hurt by circumstances of life and may subconsciously decide not to experience the sweetness of life anymore. For example, when a spouse dies, the remaining one may feel shocked, lonely, or perhaps guilty. They may subconsciously decide that sweetness is not worth experiencing anymore or that they don't deserve to experience it. Consequently, with this emotional and thought pattern less and less sugar enters this person's body cells. This specific mental and emotional pattern, which is very common, translates into a complex set of symptoms and afflictions, named *diabetes*. It can manifest in many different ways but generally revolves around a typical group of symptoms and behaviors.

If you suffer from diabetes or know someone who does, you know that diabetics eat quite a bit of food. Food is symbolic for ingesting life in its richness and fullness. Rich food can become a substitute for life experiences that seem less than satisfying. Diabetics often drink a lot of water (a symbolic need to absorb emotions), but these emotions are ultimately denied, and the water is eliminated as quickly as it came in. These patients eliminate sugars in their urine (rejecting the sweetness once again). For a better understanding of diabetes complications, please see **Table 4**. As you view this list, remember that nobody is to be blamed for having a disease. Ultimately, disease is an indication that we are choosing a hard way to learn and grow in life.

Table 4	
Symbolic Complications of Diabetes Mellitus	
SYMBOLIC CAUSE:	SYMBOLIC EFFECT:
Refusal to See Harmony	Eye Problems (Retinopathy)
Narrow Flow of Life	Atherosclerosis
Anger Toward Life	Vasculitis
Refusal to Receive or Give Love	Heart Problems
Indecision	Foot Problems
General Anger	Inflammations & Infections
Relationship Issues	Autonomic Neuropathy
Low Self-Image	Skin Problems
Denial of Emotions & Feelings	Sensory Neuropathy
Helplessness & Hopelessness	Nervous Problems or Coma
Lack of Joy & Vitality	Anemia
Feeling Unsupported or Angry	Bone Disease or Osteomyelitis
Lack of Flexibility	Joint Problems
Refusal to Assimilate Events	Digestive Problems
Fears, Inability to Let Go	Kidney Problems
Holding on to Emotions	Bladder Problems

Cancers and Symbols

Symbolically, cancer represents an emotional issue that is eating us from the inside out. Cancer is usually a red flag signaling that a hidden aspect within us desperately wants to be acknowledged and loved. A cancer patient is most likely dealing with something they have not yet learned to accept as their own – something deprived of love that is spreading like a weed in order to be noticed. This need can be so great that it takes over a person’s life. If you’ve ever known anyone with cancer, you may understand this tenacious cycle of destruction.

When unexpressed and non-experienced emotions or patterns limit our purpose and expression on this planet, this disease may challenge us. Cancer, like everything else, is consciousness projected into matter. Each time we perceive our surroundings as something to be casually used and eaten up, we behave like a cancerous cell.

We likely manufacture at least one cancerous cell every time we think or behave that way. The more we are caught up in such thoughts, the more we are at risk of developing cancer. The key to understanding disease is to remain appreciative and grateful for each and every experience, realizing that the experience is but a mirror of us. If you can allow yourself to flow easily through life without blame or resistance, you may never experience cancer.

The organs affected by cancer are symbolically representative of the issue that needs to be addressed. For example, the multitude of cancers of the sexual organs that we see in modern culture reflects our confusion around sexuality. Risk factors such as smoking, toxins, and carcinogens, are likely to be just associations to cancer. Smoking has a particularly strong symbolic significance. Smokers attempt to hide behind a smoke screen to avoid new inspirations and keep at a distance from the intensity of life's experiences. This is why smokers claim that nicotine helps them relax.

Joints and Symbols

Your joints are the symbols of flexibility and ease of movement in the body, mind, and emotions. Their level of efficiency is a good indicator of the way you adjust to life's changing circumstances. Do you have trouble with having a flexible attitude? Are you too strict or stubborn with yourself or others?

If so, you might feel stiffness or rigidity in your joints. Difficulty bending to meet life's circumstances is the meaning of joint stiffness. Feelings of guilt, criticism, skepticism, and despair can symbolically correspond to feelings of pain, rigidity, stiffness, and disjointedness. The old adage of someone or something being a "pain in the neck" holds true, dependent on how we allow these things to affect us.

Figure 6 describes the flow of vital energy through the body as the Chinese element systems describe it. For instance, if you were to

raise your hands to the sky, energy flows in through your hands, moves down through your body, and exits from your feet as it enters the earth, thus establishing a connection between above and below – between the sky and the earth.

Your wrists mark the first junction point within this current, the first major joint in the energy pathway. Your wrists correspond to the respiratory system and lungs, which take in energy. Your elbows, the second gateway, correspond to your circulatory system and heart. You will begin to process the energy when it reaches your shoulders, which correspond to your liver. The current then flows to your hips, where you will symbolically absorb and digest what is needed corresponding to your digestive system. Your knees and ankles correspond to the elimination system. The elimination system helps circulate and recycle the energy back to nature in order to complete the energy circuit.

Are you stiff in your knuckles? Your shoulders? Your knees? Each joint mirrors the degree of flexibility and support you feel in life relative to various issues, depending what the symbolic meaning of that joint is. Since ancient times, arthritis and arthrosis have been correlated with criticism and judgments. What else are criticism and judgments but an inability to see a different point of view, to allow, to accept, and to flow? When we stick to seeing things our way, we are exactly that – stuck. Symbolically and literally, this can translate into arthritis, arthrosis and joint problems, rendering us as physically immobile as we are emotionally and internally.

Immune Disease and Allergies:

Autoimmune problems are a symbolic expression of a misinterpretation of an external threat by our body. The body may perceive a threat or an attack where one does not exist. We may be feeling attacked and we symbolically develop immune conditions.

Then the body either overreacts, attacking itself, resulting in

autoimmune diseases or under reacts and fails to protect the body's health resulting in low immunity. The body can perceive anything as a threat, even air, pollen, water or body elements. It is a symbolic "battle" between the environment and ourselves.

In allergies the immune system is trying to protect us overzealously. An allergy is a "mistake" of the immune system caused by an emotional reaction to a symbolic event that is usually traumatic.

This trauma may create personal filters that will later affect our view of the world and distort our perception. The subconscious negative memory may trigger the body to react defensively to elements that had been previously associated with danger, fear or upset. Even though there may be nothing dangerous about the associated triggers, the subconscious may perceive them so.

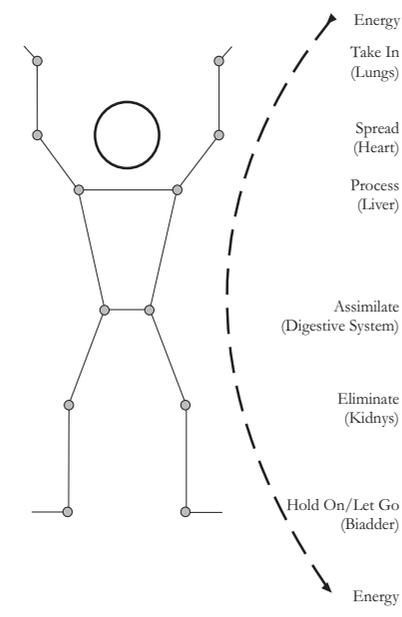


Figure 6:
Joints' Symbolic Connection with
Energy Flow in the Body

Table 5
Joints & Their Associated Symbolic Function

JOINT	ORGAN	FUNCTION
Wrists	Lungs & Large Intestine	Absorbing & Releasing
Elbows	Heart & Small Intestine	Circulation & Redistributing
Shoulders	Liver & Gallbladder	Processing & Timing
Hips	Stomach, Spleen, & Pancreas	Digesting & Integrating
Knees & Ankles	Kidney & Bladder	Holding & Releasing

Symbolic Symptoms (The Common Cold)

The messages we receive through our symptoms are not vague and abstract, but purposeful, detailed, and specific. They are, in fact, the body's way of communicating. Once we learn how to interpret the symbolic language, we can honor the body's requests, and symptoms will disappear. If we don't get the messages and their scope remains unfulfilled, then the symptoms worsen, become chronic, or get smart and transform into something else.

Symptoms exist to catch our attention so that we change, accept, and love ourselves. In order to understand how minor symptoms operate in the context of a disease, let's analyze something all of us have experienced at one time or another – the common cold, otherwise known as a so-called respiratory infection. In parenthesis I will provide a symbolical interpretation.

For our first case, let's meet John, twenty-five. John works hard and feels pressured to work even harder. Because of many parties, travels, and various hobbies, he is perpetually short of cash and works on weekends to make extra money. John just split up with his girlfriend. He doesn't really feel understood by his mother, even though he knows she loves him.

Today, John wakes up feeling strange and a bit dizzy. (His subconscious is telling him that there is just too much pressure, but John doesn't realize this.) During his regular morning exercises, he finds himself a little weaker than usual. (The body needs rest.) *What is going on with me?* He thinks. *I'll take a vitamin or an aspirin, and everything will be okay.* Too busy to think about it any deeper, he takes both, feels a little better, and gets ready for work. He coughs a couple of times at the thought of work but doesn't even notice it. (Remember, we have learned that John should pay attention to that cough, which is clearly rejecting the idea of going to work.)

John pushes through the minor symptoms of weakness and goes to work because he feels he needs the money. On the way out, he cuts his right thumb on the door lock. (This symbolically translates into guilt and worry about the obstinate, intellectual control process that tries to overcome the instinctual feelings of letting go and staying home.) A small amount of blood is gushing from the cut (signaling joy and vitality leaking out as the result of the logical decisions.) He bandages the cut and goes to work.

After a while, John's throat becomes tingly and achy. (The developing sore throat represents anger toward not expressing his needs, not acknowledging them, and not communicating.) It hurts when John swallows (because it feels uncomfortable to assimilate new experiences.) John keeps on working anyway. A while later, his nose becomes stuffy, and his sinuses feel full (he doesn't want to take in more experiences at work).

John's whole body is saying, "Give me a break! Slow down and take off work... NOW!" But John resists, thinking, *No! I'm not listening to you. I need the money, and I will stay here and work.*

Next on the agenda, nausea sets in (which symbolically indicates an unwillingness to assimilate the experience). John's throat is becoming

worse. After a while, he feels dizzy and has chills (he feels out of control and wants to rid himself of this experience.) He doesn't want to be there and weighs the choice of going home versus staying at work. He realizes that he has a fever (signaling generalized anger about the situation).

John begins to wonder, *Why does this happen to me now, when I need the money?* At this exact moment, a brief, sharp pain shoots through his lower back (indicating his momentary distrust in his ability to support himself).

After an hour passes, his boss finally notices that John is not feeling well and sends him home after a short conversation. On the way home, John realizes that his throat is not as bad as it was. His feelings were expressed, but his throat is still sore. He is confused and cannot think clearly. He needs to take a break from worrying and too much thinking. His coughing has intensified (as he symbolically rejects and resists this situation). It seems the only thing he can do at this time is go home and rest.

After two days of bed rest and nurturing by his mother, John wakes up feeling energized, healthy, and ready to return to work. His overworked body has manifested a short disease in order to give him a break and stop his thinking for a while. Once he has received the rest he needs, he is able to return to work with more energy, greater health, and a clearer mind.

Table 6 Symbolic Symptoms: The Common Cold (John)	
SYMPTOM:	SYMBOLIC ASSOCIATION:
Cough	Resistance & Rejection
Right Thumb	Logic, Intellect
Pain	Denial & Refusal of an Experience
Hemorrhage	Leaking of Vitality & Joy
Throat	Communication & Expression
Sore Throat	Suppressing (Swallowing) Anger
Swallowing	Acceptance of New Experiences
Stuffy or Runny Nose	Emotional Refusal of Experience
Nausea	Physical Rejection
Dizziness	Refusal to Focus or to be Present in the Moment
Chills	Trying to Shake off an Unpleasant Experience
Fever	Generalized Anger
Short, Sharp Pain	Short, Sharp Denial

Bearing John's case in mind, remember this: **People generally know the cause of their illness, consciously or subconsciously; they just choose not to respond to the messages of the illness because that would require inconvenient changes.** Many patients remain in denial of an unhealthy situation and choose not to change it because they feel it is either too difficult or there is too much at stake. These denials can persist for months or years. It is indeed challenging to question your habits, belief system, past actions, etc. Most people can't (or won't) see their problem; this is why symptoms manifest in the first place.

Symptoms and diseases become amplified until sooner or later, a change is forced through circumstances. These circumstances are, in fact, a mirror of our internal processing. It is not the weather or the

government or some mean virus that forces us to make a change; we choose to force the issue ourselves.

How do we know what our issues are? Think of the situation you want to avoid the most, and this is probably the one that requires the most attention. It is ironic, but true.

It is very important not to be put down by the interpretation of an illness. It is not wise to be put down by what we see in a mirror. The mirror and the illness are there to help.

Illness is a tool that can be used creatively. Once we learn to work with it instead of against it, the internal conflicts will disappear. Think of how much better John would have felt if he had paid attention to those first coughs before he ever left the house! Symbolic messages are reflective mirrors designed to help us recognize the problem, fix it, and grow.

Part IV

CELLS AND PERCEPTION

* * *

**“You are creating yourself every day.
Seek, therefore, not to find out who you are
but to determine who you want to be.”**

* * *

FOCUS ON DISEASE

Now that you have a broad understanding of symbolic disease, it is time to apply that understanding in a practical way so that you can use it in your own life.

Remember that whatever you focus on receives energy. *Focus* is applied attention where energies converge (see **Figure 7**).

Quantum physics teaches us that the act of observation affects the very subject of that observation. In other words, your focus (mental focus) will determine the nature of your reality. By changing your focus, you can automatically change your reality and your experience of it.

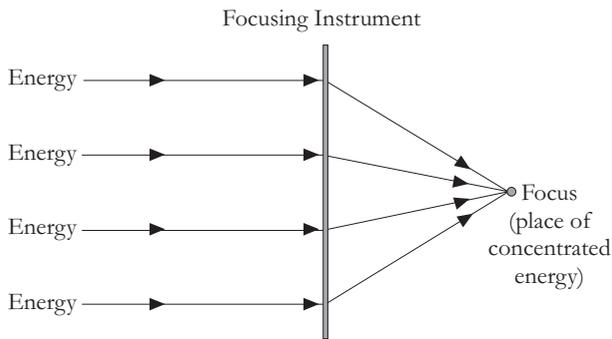


Figure 7:
Focusing of Energy

The concept of focus is not just a beautiful philosophical idea, but it also has very practical applications in life. Symbolically and literally, when we focus on something, we send energy at a high, invisible frequency to the object involved. For example, when we attend a rock concert, the energies of many people are focused on the singer. Invisible strands of energy link the singer with the audience. The singer may feel this energy and experience a state of energetic high, which can be extremely addictive. At the end, the applause serves to energetically disconnect each individual from the singer's energy field. The more intense the emotions and the focus, the longer and stronger the applause. That rock singer with the loud guitar actually benefits from your focus, believe it or not.

Imagine that you are leaving a movie theater after an intensely gripping film. We usually don't applaud after movies. Our stirred emotions tend to linger for a while, and we may not feel totally present for some time. Again, no applause was involved. Realize how different you feel with and without applause. By clapping your hands, you can re-focus your attention back to our immediate physical vicinity after that concert. By the same token, you may feel a bit fazed out for a while after the movie. Why? Because you did not have a chance to use applause to re-focus. Feel free to applaud at the end of the next great movie you see, and if anyone complains, tell him or her you are just re-focusing. You may get some strange looks, but you'll come out of that film feeling refreshed, clear-headed, and invigorated by it.

Whatever receives our focus receives importance, grows, and amplifies. We may focus on beauty, love, or fear. This is not wishful thinking; it is a solid concrete physical law – albeit one might be more apt to read about from a fortune cookie than from one of your school textbooks.

Mainstream medicine focuses on the physical aspect of the human being. The three nonphysical aspects of our personalities –

emotional, mental, and spiritual – do not receive much attention in most doctor’s offices or hospitals. Again, this is not to be labeled as good or bad; it is simply a reflection of what our present society chooses to focus on. However, the time has come to consider the human being as more complex and more humane.

We can learn to balance difficult aspects of personality by understanding them rather than fighting them. The physical aspect of our bodies is solidification – a lower vibrational aspect of more subtle thought and emotional patterns. By focusing solely on the physical level, we can become aware of only physical experiences, but the hidden feeling of missing something important becomes overwhelming.

By focusing only on mental or spiritual aspects, we also forget that the physical body is, in fact, spirit in flesh and the vehicle through which we experience life. Together, the four aspects form a unique whole that has a spiritual journey as its ultimate purpose. The best way to seek healing is to focus on the whole person – the physical aspects as well as the emotional, mental and spiritual.

It is worthwhile to detach ourselves momentarily from the analytical, separatist perspective and embrace the whole. This experience of embracing the whole is like a shift to a satellite view of the earth: borders disappear in favor of friendship and cooperation, and the sense of being human is strengthened.

Someone said that problems could be resolved only from a perspective higher than the one in which they were created. Similarly, by changing the focus to a more unifying perspective, we can add meaning to life while enjoying all four aspects of our human condition.

Nowadays, there is fortunately a marked effort by many medical subspecialties and other branches of healing to use a more holistic approach in medicine.

The symbolic approach to disease is intended as a step in understanding ourselves. There is still a long way to that ideal holistic place we intend to reach, but every beginning is always less than perfect. What counts is our intention and our focus. There is no denying that what we focus on expands. So let's focus on health and wellbeing.

Remember this as you move through life, and adjust your focus accordingly.

Cells and How They Work

Let's explore the human body in greater depth to discover how symbolic associations can be applied at the cellular level:

The correlations that reveal themselves at this fundamental layer of life are utterly fascinating. Cellular processes can be difficult to grasp, but they are not impossible to understand.

A cell is a tiny building block of the body, comparable in appearance and function to the whole organism. We can think of the cell as a miniature representation of the body, having its own symbolic counterparts of the major body structures. Every cell has its own skin (membrane), head (nucleolus), heart (nucleus), circulatory system (endoplasmic reticulum), liver (mitochondria), digestive system (lysosomes), skeleton (microtubules), and so on (see **Figure 8**).

Human cells are usually grouped together within the tissues and organs. All organs, systems, and cells operate according to our internal order, sharing duties and upholding communication with each other. One might say that cells, tissues, and organs function together like an advanced society – each individual playing a different role that is integrally important to the function of the whole.

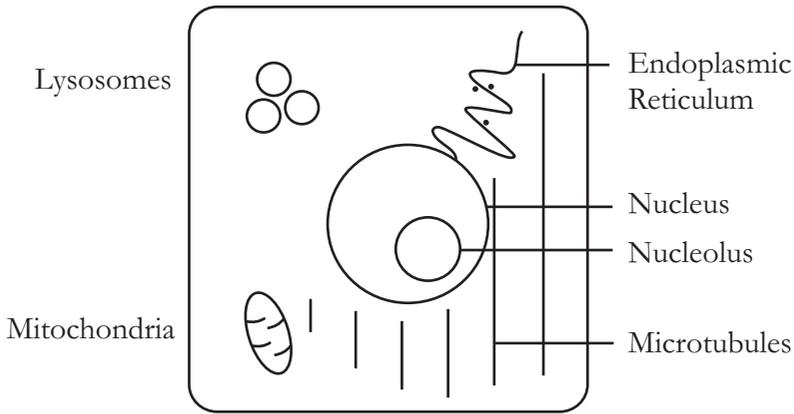


Figure 8:
Human Cell – Representation

Bacteria and Viruses

Bacteria, on the other hand, function as single cells, separated from one another by thick walls. Their primitive structure contains only a rudimentary circular DNA and no nucleus. This pattern symbolically indicates a lack of heart value – a lack of integration, higher purpose and insight into the intelligence of the whole host organism.

These bacteria and viruses share no intrinsic order and don't help each other. Some of them even diffuse dangerous substances or toxins (feelings) into their environment. An obvious parallel can be drawn to the behavior of a person engaged in thoughts of victimhood, isolation, anger, and pouring out toxic feelings and negative thoughts. Bacteria are symbolic of trapped feelings and primitive self-limited behavior due to a limited or distorted perception of reality.

As an example, let's look at what happens on the symbolic "battlefield" of an infection. In your blood, you house specialized cells called *neutrophils*. These are in charge of maintaining law and order and specialize in helping other cells. They are the policemen on duty,

patrolling the streets (the blood vessels). In case of an emergency, a general alarm is sounded that resonates throughout your entire body. This alarm immediately mobilizes a massive rush of these police to the problem area, and the fight begins. Many of these policemen die, and reinforcements are sent to the site. These new rookie policemen appear on site, together with veterans in higher numbers on the streets. They are armed with powerful weapons called *enzymes*. Enzymes are capable of breaking down and dissolving solid tissue – like that steak you ate for dinner. Enzymes also can also dissolve bacteria that are making you sick.

These policemen are trained to move in with full force, unafraid to die for their cause (your health), and indeed many do die quickly. Besides police forces, your body also employs longer lasting firefighters and scavengers called *macrophages*, whose purpose it is to cleanse and restore the tissue. Sometimes the work of firefighters and scavengers is sufficient to restore an affected area to health, but when they think there is some residual danger, they call up the environmentalists (*lymphocytes*) for help. After determining the extent of the damage, these lymphocytes organize strategies and design safety zones around the damaged area.

As a result of this evaluation, new special builders are called to the area (*fibroblasts*) to construct a safety zone! These areas of safety may contain for a long time lots of environmental and scavenger security officers in charge of supervising all activities. When this level of security stays in place for an extended period of time, you will be forced to deal with a chronic infection.

Bacteria are symbolic primitive aspects of our true self. They are primitive drawings of the emotional reactions we use when we feel threatened. Bacteria have strong cell walls or capsules (strong defense systems). Symbolically speaking, they do not have a good concept of their purpose, which is reflected in the fact that they don't have organized nucleoli and nuclei (they don't have a head or heart; they don't think or feel). They are always hungry and multiply like crazy. They

stick together and like to be where it is warm and moist. From their home base, they usually launch attacks with different substances called *toxins*. These creatures have an exaggerated sense of self-preservation because they feel threatened. Their strong cell walls (capsules) indicate this preoccupation with self-defense.

Bacteria do not become a health issue unless you feel threatened. If you don't feel threatened, you are usually bacteria-free, with the exception of those on your skin (a mirror of defensive attitudes) and the "friendly bacteria" in your digestive tract. Have you ever felt that you *might* be threatened by people or circumstances or by what you may accidentally absorb or accept?

Because these are only potentially threatening circumstances that are not actually happening yet, bacteria in these situations have a round shape (symbolic of yet-to-be-manifested circumstances). No other body part (except the upper airways, which are also part of the digestive system) normally contains bacteria.

The characteristics of bacteria can teach us much about basic human behavior. For example, we were all taught many lessons in politeness and good manners for day-to-day situations – to say "please" and "thank you," share what we have, and be honest and helpful to one another.

However, as soon as we feel threatened, we forget the niceties and switch to our defense mode. Primitive survival instincts of defense (attack, violence, food, and sex) appear dominant when we feel threatened. If you happen to survive a shipwreck on a remote island and need to fight for your life with animals or indigent tribes, you would likely drop your present way of being. You might become selfish, violent, or ruthless by today's standards, but you would not manifest an infection in that case. Why? Because at that point, you would accept that way of life openly as a necessity for survival. As long as the issue

is not suppressed and ignored you do not need a symbolic reminder. However, if you become selfish, violent, or ruthless in your present life because of a perceived threat, you are very likely to mirror those emotions and behaviors by developing an infection.

Bacteria are primitive caricatures of our basic emotional reactions to threat. Their behavior varies according to the circumstances; they may be slimy or aggressive, hide behind a hard shell, or spread poisons.

Bacteria can easily be considered as minuscule organisms that mimic human behavior. For example, if we isolate ourselves from society out of fear that something might happen, we will manifest bacteria with strong cell walls in our body. If we spread rumors or counter-attack our environment, we develop a kind of bacteria that spreads powerful toxins.

You might wonder about the belief that we catch illnesses from sick people. Those who get away without catching the bug think they must have been lucky. However, if we think deeper, a sick person only mirrors our own attitudes or thought patterns and acts as a warning signal to indicate that we will get sick if we don't change. In fact, by mirroring you, your sick neighbor may be doing you a favor or giving you a warning to make a change.

When we wear red glasses, everything looks red. Likewise, a society looking through the glasses of victimhood will naturally see victims everywhere. When the color of the glasses is changed, perspectives and perceptions change accordingly. From the symbolic point of view, bacteria are not bad by themselves anymore than a mirror image is. It is not the bacteria - it's us that are in charge. Do you understand now how important is to become aware?

But what about antibiotics? Don't they work to destroy bacteria? Antibiotic treatments work sometimes, and sometimes they

don't. By sincerely accepting a treatment, we relinquish our defenses and surrender to help and change. In fact, the way many antibiotics work is by dissolving bacterial defenses. Symbolically, these antibiotics only work if you let down *your* natural defenses. Antibiotics can have lasting effects if you are willing to heal the issue and accept the change. Otherwise, you will develop resistance to antibiotics, and the disease continues undisturbed.

But how about viruses? What are they?

Viruses look like abstract sculptures or thought patterns, and this is exactly what they symbolize. They are lifeless elements with no intentions or actions of their own. What we call “live” viruses in scientific terms are only complete viral structures, such as a whole cube, for example. “Dead” viruses are fragments of an initial, complete virus structure, like pieces of a cube. However, because viruses have no metabolism and don't breathe or consume energy, they are not “alive” in any true sense of the word.

The most dangerous knife cannot enter your body unless somebody pushes it in. In the same way, lifeless elements like thought patterns and viruses cannot attack you unless they are provoked or manipulated into doing so. The point here is that cells must actively accept a virus. The idea of fighting a virus, which is not really alive, does not make much sense.

The human body is a manifestation of consciousness, and each cell is a materialization of a thought form. We create ourselves through our own personal and collective thoughts. Thoughts of a similar nature blend together to form living beliefs that influence organs to function according to those beliefs. If your thoughts are in harmony with each other and respectful of the surroundings, then you will develop healthy tissues that operate harmoniously.

However, unhealthy thoughts of isolation may manifest as feelings of isolation that are physically symbolized by bacteria. If unhealthy, hidden, repressed thoughts revolve around taking advantage of someone or something, you might manifest cancerous cells.

Remember that the interpretation you want to attach to life processes differs from person to person. There is always a positive reason to everything – even to the things you might consider to be negative. As they say, every cloud has a silver lining! We touched briefly on cancer before, but let me explain the symbolic *positive* implications of cancer. Yes, there are positive implications, believe it or not!

Cancer Cells

To understand cancer cells, you need to have a basic understanding about cell shape. The shape of any cell is contingent upon its function. A well-differentiated cell has a well defined task, which requires a well defined cell shape that is adapted to its particular well defined purpose. The more differentiated and purposeful the task, the less rounded the cell shape is. An undifferentiated cell has undifferentiated, not-yet-manifested potential with a corresponding circular shape. An egg cell, for example, contains the virtually limitless potential for the formation of all the cells of a new human being. All possibilities are inherent within this cell, giving it its characteristic round shape. In terms of symbolic representation, we can say that the circle represents undeveloped, unmanifested perfection; whereas the square stands for manifest, finite perfection (see **Figure 9**).

Cancerous cells lack a well defined purpose and tend to be circular. In fact, there is a direct correlation between their lack of differentiation and the extent of their potential to grow.

The silver lining of cancer is unmistakable: The undifferentiated, limitless potential of cancer cells are an indication of the person's potential for hope, change, growth, and evolution through this disease

that is so feared by society. For a better understanding of cell functions, see **Figure 8** and **Figure 11**.

DNA and RNA

Let us now investigate the mechanics of a thought manifesting into a physical cell. The internal health status of a cell reflects our internal physical health; whereas the condition of a cell's outer environment symbolically corresponds to that of our surroundings. Thoughts arise from the innermost center of our being at the mental level, which is represented by the cell nucleolus. Within this nucleolus, DNA tells RNA what to create and how to proceed. The nucleolus manufactures ribosomes, which pass from the nucleolus into the bigger nucleus, spreading DNA information through a liquid (emotional medium) and from there to the whole cell.

Ribosomes manufacture proteins, which are the building blocks of organic matter and life. Proteins correspond to physical matter; they symbolize mental and emotional processes that lower their vibration in order to manifest as physical matter.

Thus, we can say that at the cellular level (which, again, is a small mirror of the whole organism), thoughts proceed from the mental realm to the emotional realm, and only then do they finally reveal themselves physically. There is a powerful law of nature: As above, so below. How we function as an organism is how we function microscopically.

The larger the nucleus and nucleolus are in proportion to the cell body, the younger the cell is considered to be (the same principle applies to humans). Young cells have a higher potential of activity, which reflects into and shapes rounder physical forms.

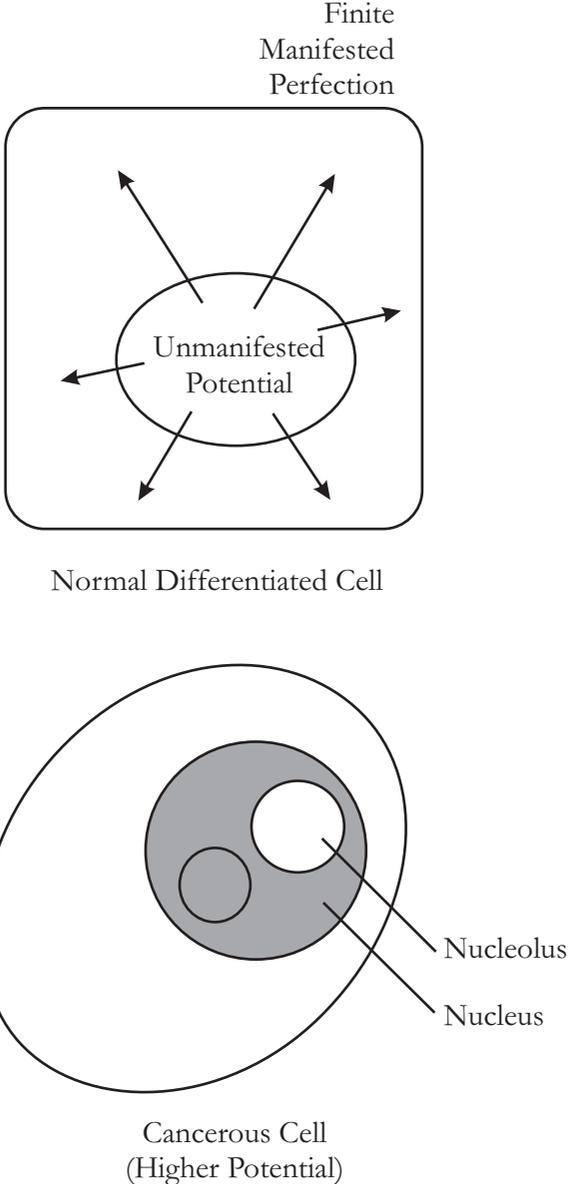


Figure 9:
Cells – Normal and Cancerous

A closer look at the typical shape of DNA strands (**Figure 10**) unveils a series of suggestive symbolic correlations. As we have seen before, DNA chains are a powerful symbol that represents the supposed and agreed upon blueprint of our destiny. RNA is a symbol of the way we work out this destiny. In other words, the way the RNA accomplishes its “mission” translates into our capacity to accept or change a DNA symbolic destiny. The characteristic double helix spiral shape of the DNA strands symbolizes growth and unfolding by successive and cumulative experiences. Our past memories are contained in the present and are somehow repeated, providing background and support for future experiences. The double helix is an expression of our specific past and an indication of what will be experienced next. It is a symbolic continuous longing, not yet unfolded, operating in specific cycles.

Each cycle or coil of DNA contains ten bricks, bases or building blocks. Ten is the symbolic number of infinity, manifesting into individuality. These building blocks can be subdivided into five different types: three of a kind, and two of another kind. They form the double helix with two parallel chains. The two related chains are held together by hydrogen (H) bonds and have the power to split apart into two complementary chains, suggestive of the physical duality (male/female, up/down, in/out) of the physical world. Numeric symbolism teaches us that five is the number of life; whereas two (the number of strands) symbolizes multiplicity, the power of moving from a static state to a dynamic state, and the power to generate form within oneself. For a deeper understanding of the DNA structure, please see **Figure 10**.

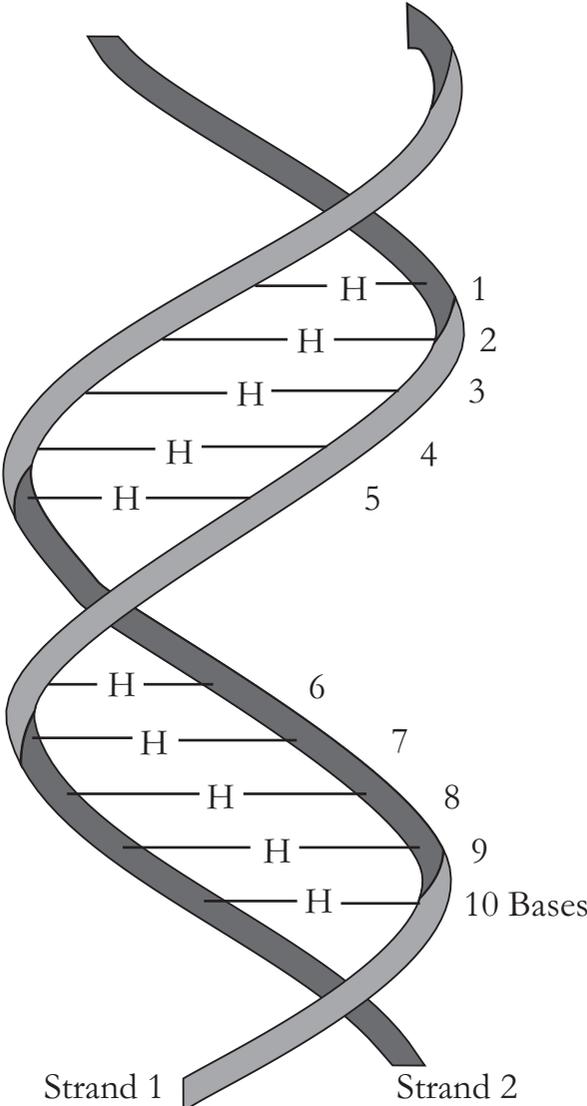


Figure 10:
DNA Spiral

Cells and Their Channels

Within the cellular membrane (cover) of each of your cells, there are channels that open up connections with the environment. It is through these channels that the cells interact with their surroundings. These channels represent the mechanism of your personal interactions with the environment. The symbolic implications are clear: These channels are already in place, which indicates that we experience our world according to our pre-established and predetermined connections and attitudes.

In general, we cannot have a certain experience unless we possess a potential predisposition toward that experience. For example, we cannot have the experience of climbing a mountain if we are not willing to climb one. We cannot have an intense experience of religious celebration in a remote country if we don't have cultural connections to the culture that predisposes us for this type of experience.

But what does it truly mean to be open to change? Cellular channels mirror our potential for assimilating experiences. They represent a connection and an opening. When we are open to change, these channels are opened. Change represents a threat to the currently established identity of self because changing means giving up something from the inside and taking in something from the outside. Only through this process can information be exchanged. Communication is almost impossible without exchange! Through change, we symbolically increase our vulnerability, but we also increase our internal power.

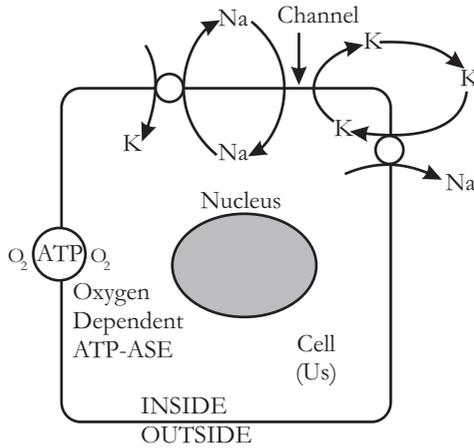
Ultimately, change symbolically represents a step toward the oneness we discussed in previous chapters. The relationships of cells to their surroundings symbolize this as well. We can only perceive and experience something if we symbolically connect to that object or process.

So again, why is change so important? The need for change within a living tissue is stimulated by the desire for a state of balance, which is achieved through the maintenance of an optimum quantity of elements inside and outside of the cells. When a new connection to the outside takes place, the old state is disrupted, and the new dynamic balance takes over. Needed substances from the outside are absorbed internally, while substances from the inside are dispensed outward. See **Figure 11** for a better understanding of cell symbolism and cell channels.

This game of exchange is played out by the elements of sodium and potassium. Sodium (salt) is a symbolic earth element that exists outside of us in the oceans and the earth and, not coincidentally, outside and around the cells. Sodium keeps the emotions flowing and balances them with the needs of the cells.

When one feels strongly affected by external events and needs to stabilize the emotions, the body responds with a craving for salt. The symbolic explanation is that, in times of danger, we tend not to listen to our emotions. These emotions are minimized and repressed because at this time, our focus is on surviving or coping mechanisms. Only when the overwhelming factor has passed can we again allow the natural flow of emotions.

Salt, then, acts as a facilitator to free the emotional flow, which is much needed to restore the equilibrium. Once inside the body, salt makes us thirsty because it encourages liquids (representing emotions) to flow in and out of the body. Elimination of excess water is done easily if there are no other blocking mechanisms. By increasing the input and output of fluids in the body, salt helps the free flow of water, symbolic of the free flow of emotions.



Channel is Open Only with Change
(only when we are open to change)

Figure 11:
Cell Symbolism

Salt cravings help reconnect us with an emotionally balanced state. In other words, an increased concentration of sodium in the cell surroundings attracts more water, which is then eliminated by the kidneys in an effort to help the system maintain an emotional balance.

Now you can begin to see why it is so important to understand the mechanisms of your cravings in order to appreciate their underlying wisdom and respond appropriately to maintain your physical and emotional health.

Cells and Perception

We just explored the sodium and potassium interplay, which makes possible the exchange of information across the cell membrane. All signals (perceptions) can ultimately be traced back to a form of sodium and potassium exchange inside and outside the cell. This exchange constitutes the very basis of a nervous impulse. Depending

upon the specificity a cell may be sensitive to a wide range of stimuli or only to a few groups of select signals. For example nerves that are highly specialized may be sensitive to only one color or only one sound.

In order to see anything, we need light; we cannot see in darkness. Light particles emanate from a source of light and move through different media before our internal eye layers receive them. The air stands for the mental layer, and eye liquids signify emotional elements. We can appreciate again the mental-emotional physical “downloading” order of nature. Different wavelengths of light resonate with different vision nerve cells according to the vibrational frequencies that the vision cells are attuned to. Symbolically, vision cells are receptive only to those messages that match the receptivity and willingness of the person to perceive. The light (fire) that is required for vision to occur is a symbolic representation of our spiritual and internal fire, required in order for us to exist at all.

Vision is a feedback loop. The things we see are mirroring our beliefs back to us. The world around us is nothing but a projection of our own spiritually induced manifestations into the physical realm. Sometimes, if we don't feel ready to accept this symbolic feedback, we may unconsciously choose to decrease our vision to avoid seeing what lies ahead of us. This is how we develop near or farsightedness.

Our sense of hearing works in a similar manner. Hearing requires sound, which is produced by a movement (vibration). Have you ever felt emotionally moved by a piece of music or warmed by the voice of a loved one? This is because every pitch, tone, and rhythm evokes a specific emotion. Similarly to light, sound messages pass through the air (the mental level) and liquids (internal ear fluids that provide emotional resonance) before reverberating with certain physical cells in our internal ear. Again, each ear nerve cell resonates only with those vibrations that it is attuned to. Through hearing, we perceive an emotional and mental reflection of our true self. Hearing

is also a feedback mechanism, mirroring our beliefs. And, again, we may sometimes reject this feedback and become hard (emotionally stationary) of hearing.

Light, sound, and all other vibrations are symbolic oscillations (dynamic polarities) that disturb the status quo of universal oneness. These polarities make it possible for us to experience life through the senses (**Figure 12**). Vibrations always oscillate between two complementary polarities. All that is life and all that is not life is, in fact, is a vast ocean of vibrations, pulsating at different rates. All vibrations – all life – come from the original oneness (symbol of God) as a point of equilibrium and will in time return to oneness, thus closing the circle of life.

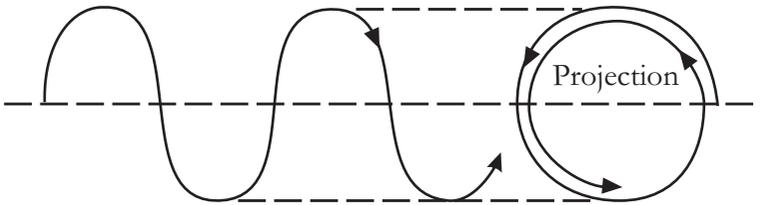


Figure 12:
Vibration – Information Carrier

Part V

**THE SYMBOLIC MESSAGE
OF ILLNESS**

* * *

**“It is a mirror, but they don’t always know that
If they recognize that, they’ve created it...then they
can change it.”**

* * *

OVERVIEW

From this point forward, each section describing one specific illness will be accompanied by an example. The example will be a case study that better illustrates the general aspects of that illness. Though short, these examples, together with the general information, are the result of hours and hours of research and study. The symbolic implications and connections may not be immediately obvious to you in every case, so keep an open mind and try to maintain a state of awareness as you read forward.

For the purpose of describing typical cases of one illness and one illness only, and in order to avoid the confusion that may occur from talking about many clustered conditions that occur together and interrelate (as happens in many real-life cases), I have carefully constructed each case. In all examples, I selected the typical symptoms of that illness, together with their explanation, and constructed a case around them. Real-life cases would not be appropriate in this book because they would complicate issues and introduce hidden connections with other emotional states in every case, thus making it non-typical.

Please remain positive! Since all of these examples are a deviation from a healthy life, they may at times seem negative to you, even when they are not intended to be. Try and take a step beyond the negative connotation of a word when you think you find one, and remind yourself that these diseases are *abnormal* patterns.

I suggest that we first perceive the denials or so called “negative” aspects and then be open to implementing a change. If I told you the positive aspects of an illness and then told you that you need to change, you would not know why. You would bypass the denial – the negative part – and this would not be a complete process. Furthermore, the essence of every particular illness IS this denial; what may emerge from this denial are more or less unique, positive improvements. These personal, unique steps toward improvement are difficult to take if we are not first aware of the denial process. It is essential to first understand the denial process if we want to be fully aware of what is going on.

You may be inclined to look up the most common symptoms and diseases, that I have included the most common ones in this book. Here, it would not be practical to go into tiny details or fancy illnesses. It is difficult to give quick answers to the most commonly asked questions, such as “But what is the meaning of this specific symptom or that specific illness?” Individual symptoms need to be analyzed one by one for symbolic patterns, and the patterns need to be integrated with the overall situation surrounding the individual. Sometimes, the connections are strikingly obvious, but at other times, we need to go beyond appearances and find a new way of seeing those connections. The whole process is by no means a “shot from the hip.” I believe it is more appropriate at this stage to take your time and see the whole picture.

The contrived case studies in this book are here to help you fully understand the whole process. The symbolic explanations are by no means exclusive or absolute. Please do not force yourself to accept something that is not valid for you. Sometimes your logic may tell you something, but your intuition something else. If this happens, follow your intuition!

OSTEOARTHRITIS

Talking about osteoarthritis means talking about the most common joint disease of human beings. In fact, this disease is so common that a large percentage of those who are reading this book may actually be dealing with it right now. It also means talking about flexibility versus rigidity, stability versus stubbornness. What we call osteoarthritis is a symbolic process slowly taking place in the joints of the elderly. The site of the affected joints varies according to the symbolic significance of a person's emotional and mental thought patterns.

A joint consists of two bone ends (dense physical support structures) separated by one or two sheets of cartilage (smooth weight bearing surfaces that glide effortlessly over each other). A fibrous capsule that defines the physical boundaries of the bone movement surrounds this physical structure. The capsule is filled with synovial fluid, representative of the emotional involvements necessary in order to carry out the symbolical movements.

Movements occur within the boundaries defined by the fibrous capsule (physical limits of symbolic movement). The shape and integrity of the cartilage and bone (the belief structure and expectations) also define the physical limits of symbolic movements.

The physical world presents us with many unpredictable situations that require creativity, spontaneity, adaptability, and courage. This provides us with a sense of freedom and accomplishment. If every situation were to be approached in the same predictable manner, there would be no room for fun or excitement. In other words, life as we

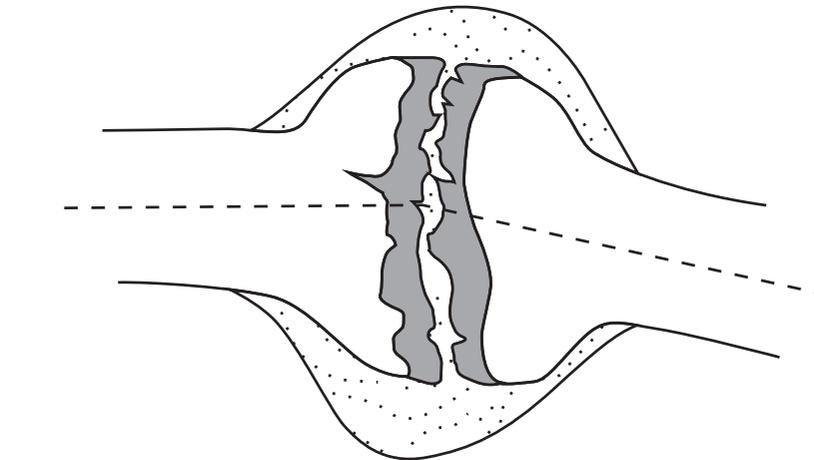
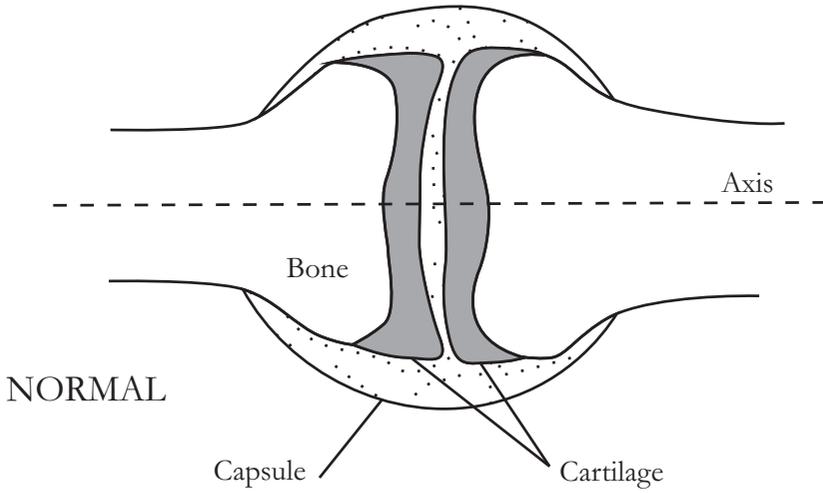
know it would not exist without flexibility.

Joints are symbolic of this flexibility. All choices and movements are made in alignment with several axes or, symbolically speaking, in alignment with higher guidance. Joints register our degree of receptivity toward life experiences and opportunities. They are sensitive instruments that indicate the current level of freedom that we allow ourselves to experience. As we get older, there is a tendency to adopt more rigid rules of living. More events are perceived to fall outside our set opinions of what is acceptable and what is not. Any new or unusual turn of events that goes against the norm is rejected or criticized. We cling to the accepted norm as a reference, even though it may have slightly slipped out of our own axis (see **Figure 13**).

Criticism shows a lack of approval of anything beyond our accepted norm. There is always a lack of approval for new, unusual directions in life when we criticize. The old, accepted norm is seen as the way to go, even though it may stifle our spontaneous desire. A “right” (or normal) axis, symbolic of our spontaneous desire, is represented by an optimum angle at which a joint is supposed to function. In other words, when we see something wrong the new right and wrong axis slips into a new position. The two bones that form the joint slide a bit from the normal and optimal angle into a new position, which symbolically represents a new axis of reference for the concepts of right and wrong.

Joints symbolically define our ability to bend with physical structures and adapt to different rules. The more we accept change, the more flexible our joints will be. Symbolically, we may slide, rotate, or twist rules and events forwards and backwards with different degrees of fluidity.

In osteoarthritis, we lean toward rigid rules of living that make us carry an unnatural load. Muscles pull in unnatural directions and tighten in difficult positions. Let’s explore the typical profile of an individual that has osteoarthritis.



- Unnatural loading, bent axis
- Cartilage and bone destruction

Figure 13:
Joints – Normal and osteoarthritic

Arthritics play the part of the silent victim. They complain very little and are generally very patient. This is why osteoarthritis lesions contain almost no inflammatory changes. These individuals usually don't exhibit angry, violent, or rebellious behavior, but rather are characterized by a stoic resistance, in spite of overbearing difficulties. They tend to be busy people that work for others and don't allow themselves to be free. The more restricted this expression of freedom, the more restrictive the range of motion in the joint.

Different joints have different degrees of freedom, depending upon the specific emotional energies that are processed by the various points in the body. For example, the range of motion of the shoulder (which has a symbolic processing function) is wider than that of the ankle (which has a symbolic elimination function). For a detailed illustration of this energy flow through the body, please refer back to **Figure 5**.

In osteoarthritis, changes occur in the cartilage, the physical support structure upon which the bones glide smoothly. Enzymes, symbolic catalysts for change, disrupt the physical structure of cartilage fibers and allow more fluids (emotions) to enter into the cartilage. Symbolically, a person's movements are then based less on physical realities and more on emotional attitudes. There will be a new sense of morality that leads to rigid discipline of emotions. Then, in this patient's opinion, action in response to emotions should be controlled and limited, and emotions themselves should be symbolically disciplined. Consequently, more fluids (emotions) enter the cartilage and bones to create small bubbles and cysts, symbolic of trapped emotions that are not allowed to flow. The water content (emotional charge) of the cartilage increases, making the joint more vulnerable to physical damage from bone movement.

Eventually, this damage leads to changes in bone structure such as minor fractures (feeling lack of support), cysts, and bone reactions.

Further limitations of the range of motion are imposed by new bone growth around, called *calcifications* and *osteophytes*. Marginal bone overgrowth symbolically reflects further physical restriction of choices. Concepts and ideas will manifest in rigid physical experiences that block the freedom of movement and, when taken to an extreme, may block the joint completely; this is called *ankylosis*.

Pain and stiffness are the two major complications of osteoarthritis. At first, these symptoms occur after a period of rest or immobility and are transitory. They are felt during the initial phases of movement, as if the joint needed time to decide whether or not to participate in certain situations. Stiffness is a symbolic reflection of a rigid philosophy, an increase in consistency and lack of adaptive flexibility. By limiting movement and change, stiffness limits the expression of life itself. Denial of certain aspects of oneself is painful. Joint pain has to do with denial of the unnatural burden on the joint and the refusal to adapt to new situations. When the condition is allowed to progress, the symptoms become more or less permanent. This denial of active participation in new directions creates an emotional pressure that manifests itself as pain. Pain is meant to help us remember that something is not flowing naturally on the physical, emotional, mental, or spiritual levels.

Our Osteoarthritis Example: Ethel

Ethel is a fifty-five-year-old working mother of three. She is overly active and does home chores and work assignments remarkably well. She likes to tell everybody what to do and often believes she is the only one who can accomplish what needs to be done. Ethel tends to feel limited because of her unique qualities that force her to benevolently take charge. She never complains or gets angry because she has learned to control her emotions. She deeply believes she is a good example of the way society should be.

Still, Ethel has the nagging feeling that over time, this life of routine, hard work, and self-sacrifice will bring her to nothing more than a dead end. It has been a long time since she has allowed anything really new or fascinating to come into her life.

One morning after a busy work week, Ethel wakes up feeling stiffness in her left hip. Symbolically, her ability to freely accept a wide range of expression is reduced and needs to be acknowledged. When she tries to step forward, she feels pain. Pain here is an expression of a subconscious denial of different experiences. That denial is initially directed toward her unusually heavy work load at home and on the job.

Ethel has difficulty accepting the self-imposed limits of freedom. Exercising her freedom to move forward make her feel better, and the pain lessens after several minutes of walking. This is typical in osteoarthritis, but the message of Ethel's pain still needs to be accessed.

When she goes to sleep, Ethel has a dream about being on an endless road through a desert, while more adventurous side paths are tempting her to green oases. Ethel then wakes up and remembers her dream, thinking, *Forget it... I have a lot of things to do. Let's get ready for work.* She moves to get up, and at this precise moment, a wave of intense pain shoots through her hip again. Ethel continues to limp all day. Walking on her usual path is now painful because she is rejecting her intuitions instead of following them.

Days pass by. At the start of each new day (or new movement), pain is a reminder of her need to allow herself more freedom and to be less judgmental of others. At times, when she is caring more for herself and being less judgmental of others, the pain lessens. If she persists in her way of being, her condition will become chronic, and her hip will eventually be painful, even at rest. Symbolically, this means that to remain in her present situation is painful for Ethel.

However, Ethel's conditioning of what a good mother and wife is supposed to be might tempt her to stay in the present rut. What she needs to acknowledge now is to be spontaneous and enjoy her natural way of being without criticism or judgment. Ethel must be willing to change, to exercise flexibility with herself, with others, and with her daily life.

HEADACHES AND MIGRAINES

Migraines and headaches are some of the most frequent and common human discomforts. Symbolic analysis proves useful in helping us gain an understanding of this ailment. Let us begin by breaking the word *headache* into its two components: the “head” and the “ache.” The head is the center of the intellect, willpower, and wisdom. The head represents conscious and subconscious thoughts and is symbolically in charge of the whole body.

Ache or pain is an overwhelming subject in medical literature. Massive volumes have been filled with research on pain. But although certain pain substances and pain fibers have been discovered and documented, their mechanisms are as yet poorly understood. Because of the vast range of subjective variability of pain, its real nature escapes scientific approach. Throughout human history, the sensation of pain has been associated with many subconscious processes.

The closest origin of the word “pain” has to do with punishment and is therefore accompanied with a sense of guilt. Since ancient times, mankind has believed that God inflicts pain and suffering. Good acts are supposed to be rewarded, while bad acts are to be condemned and punished.

One might say that the ancient gods were carefully symbolically mirroring the ways and ideas of their ancient society. Gods were made out to be cruel because society thought in terms of cruelty. It is important

to realize that all judgment is ultimately a mirror of self-judgment.

These ideas about judgment and punishment are a legacy deeply engraved in the subconscious minds of modern mankind. Quick to judge and label, modern man functions in ways quite similar to his ancestors. The reward/punishment system is still in place, albeit more subtle and buried deeper in the subconscious.

We may believe that if we follow a bad diet, we will have stomach pains, or that if we smoke, we will be punished with lung cancer. Things are not necessarily so, but if we believe them to be so, we will find them to be true for ourselves – somewhat of a self-fulfilling prophecy, some might say. Punishment is in fact a creation of individual and collective subconscious beliefs.

Let's say, for example, that a person we'll call Tom mishandles a situation to a point where a good friend is fired from his job. Tom may feel guilty and believe that he deserves punishment. A few days later, Tom may be the victim of an automobile accident, resulting in a broken arm and a severe bruise to his head. This will create longstanding pain, which, in his belief system, is well deserved because his pain fulfills a need in this reward/punishment system. Tom subconsciously believes this is his punishment for getting his friend fired and that the degree of pain and injury is in direct relationship to the degree of his guilt.

The idea of punishment invokes an external force and implies a dualistic world view of good/bad, perpetrator/victim, etc. Let's try to rise above these polarizing aspects in order to understand pain from a new, neutral perspective. The practice of labeling situations in terms of good and bad is subjective by its very nature and implies splitting unity into opposites.

Have you ever known someone who seemed to always be able to find the good in events or people? Or, maybe you are like this

yourself. In our example, Tom could just as well be convinced that the firing of his friend is a good thing, thereby triggering a rewarding chain of events, like his being promoted and the friend finding a much better position. There is always the option of considering the flipside. Being able to see both sides of a situation without taking sides is an art that leads to more complete and truthful understanding. And, once we get beyond the temptation of labeling actions or beliefs as good or bad, the need for subconscious punishment will disappear!

This book is based on a simple optimistic premise: every symptom, every disease, everything we consider to be “bad” really only exists to help us in some way. The diseases and difficulties you face are, in fact, custom-made symbolic messages, designed to assist you in finding your path. All you have to do is decode these messages and give the guidance permission to take place.

So, how can pain be helpful with anything? The answer may be that pain is a cry for recognition. It signals that some area in our life is in need of attention. Once attention is given and the issue is resolved, the pain subsides. Are you finding this difficult to believe? Think of it this way: If you place your hand in a fire, you will most likely experience intense pain. If you withdraw your hand quickly enough, the pain will disappear. If you deny the issue and stay in the fire, the pain will intensify. The more the pain is denied, the more it increases in order to avoid irreversible damage or death (of the hand). Once the hand dies, the message is outdated, and you no longer feel pain.

Pain, therefore, signals that something has deviated from the most beneficial flow of life and, if allowed to continue, will produce symbolic death. When we don't make appropriate changes, we act in disharmony with our purpose. Some might call this type of action wrongdoing and experience guilt. Punishment, in their minds, follows as a natural consequence. In fact, people *create* punishment in their lives according to their own beliefs. For example, let's say someone

subconsciously believes that sexual promiscuity is a bad thing that deserves punishment. After participating in such activity, this person could attract venereal disease and pain, which they immediately perceive as an inevitable consequence – a payment for a moral crime they feel they have committed.

Pain is always associated with denial, which causes the stream of life energy to be blocked. On the physical level, this usually manifests as a diminished blood supply (emotions) to the affected area.

Resistance to the flow of inner feelings creates suffering, confusion, and control issues. We want life to flow in safe channels, even though this may not be what we really need deep inside. In such situations, we find ourselves mentally forcing the life patterns into the well known rut while tossing away opportunities for unique, new patterns that yearn for recognition.

Let me give you an example: David, under social pressure, may want to become a doctor or a lawyer, all the while ignoring an inner calling to be free and travel around the world. This denial may cause mental, emotional, and finally physical pain in body areas symbolically related to the issue. The purpose of the pain is to grab David's attention so that he will recognize the inner need and act upon it.

As a doctor or lawyer, David will be faced with more emotional and mental strains than his colleagues. His belief in guilt, punishment, suffering, and pain will eventually come true. David will be more prone to physical and mental illnesses. While he is working as a doctor, his patients will mirror his pain and suffering at different levels; as a lawyer, his clients will mirror his confusion.

Lawyers and doctors are susceptible to physical illnesses not because of their contagious clients, who are just innocent mirrors, but because of their own internal processes. If you really take a moment to

think about the doctors and lawyers you know personally who seem to struggle with their daily jobs, you will know this to be true.

There is always a close symbolic connection between the type of denial and the character of the pain, whether it is acute or chronic, sharp or dull, pressure-like or staggering. Headaches represent mental energies (thoughts) that are out of alignment with inner wisdom.

As you might expect, different areas of the brain have different symbolic functions.

The anterior (front) relates to the future; the post-centralis area (brain midline) represents the present moment; and the posterior (back) relates to the past (please refer to **Figure 14**). This midline is a well known anatomical reference. More specifically, the pre-frontal area (literally the area in front of your forehead) deals appropriately with forethought and distant planning. The way we immediately choose to act is governed by the area immediately in front of (anterior to) the midline. The feelings you experience that respond to what just happened a moment ago are projected just posterior to (behind) the midline (see **Figure 15**).

The symbolic significance of vision serves as an excellent example. In order for us to physically see an object, the object needs to be in a physical form. The physical form is the product of longstanding beliefs, emotions, and mental processes. It takes time for these mental and emotional processes to manifest as actual physical forms. Let us say we decide to build a house. From the moment we first imagine the house to the moment the house is built, a period of time passes. When we later literally see this house, it is the result of wishes and mental processes from the past. Accordingly, the vision center is symbolically located in the far back of the brain.

Sound vibrations are a reflection of more recent emotional events, which is why they are processed in the brain closer to the midline.

Where are your headaches occurring? The side of the head in which your headache occurs reveals much about its symbolic meaning.

Ancient Chinese philosophy has long postulated what modern science is now rediscovering: The flow of the universe is based upon an internal interplay of opposite forces. The complementary pairs of Yin/Yang, light/dark, masculine/feminine, etc., come together to create the world as we know it. These forces are like two sides of a coin that define and complete each other and cannot exist without the other.

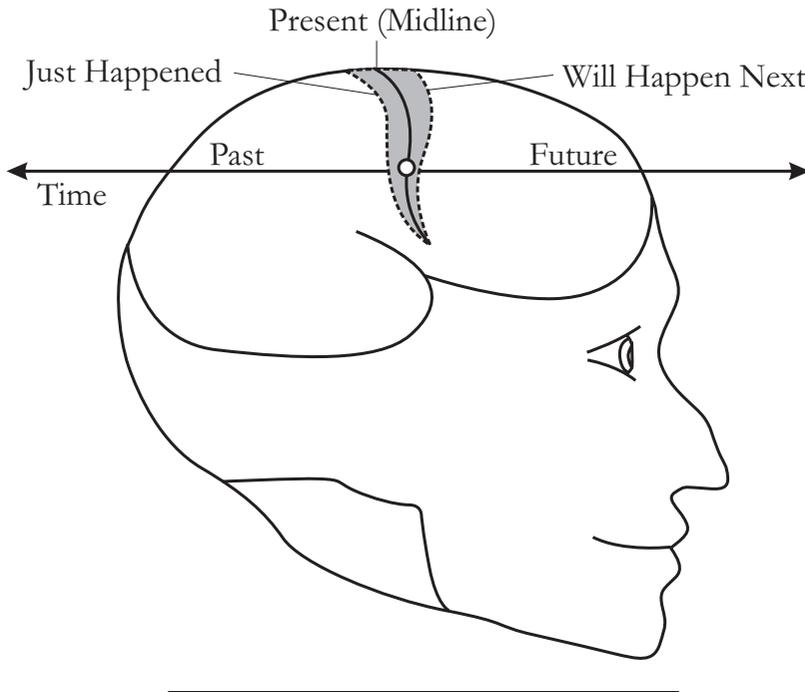


Figure 14:
Symbolic Cortical Projection

It comes as no surprise that the left brain hemisphere controls the right side of the body and vice versa. These are nerve fibers that cross sides, a short symbolic midline point representing balance and

unity of opposites. This phenomenon of crossing sides at the midline indicates mutual regulation between the two qualities. In other words, left balances right and right balances left. For an easier understanding, please see **Figure 16**.

The **right** brain/left side of the body corresponds to the feminine aspects of nature, which include Yin qualities such as creativity, intuition, receptivity, introversion, and being responsive to life experiences. They symbolize our feminine qualities (every human being has both masculine and feminine qualities), which are reflected back to us through our mothers, wives, daughters, and other females in our surroundings.

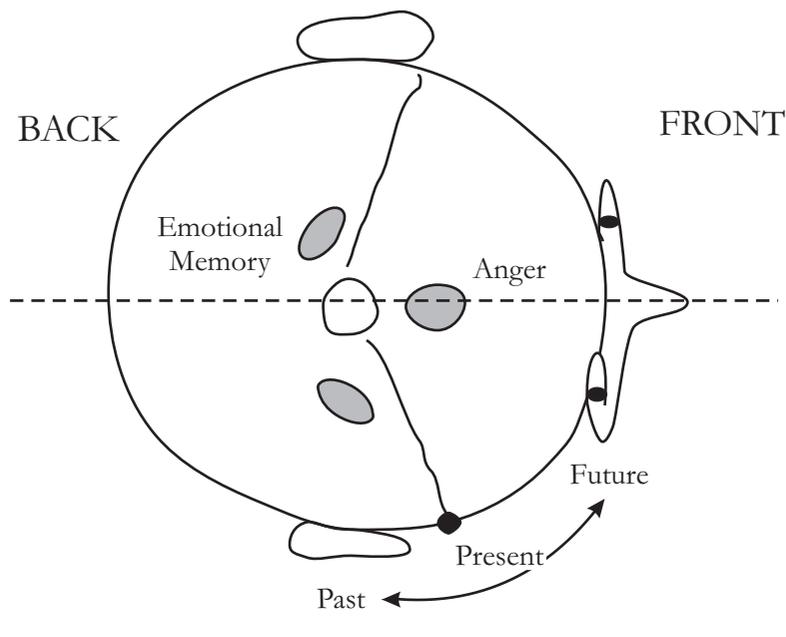


Figure 15:
Symbolic Brain Processing Centers

The **left** brain/right side of the body relates to the masculine energies, which include Yang qualities such as logic, action, extroversion, giving, forward orientation, and constructing

life experiences. They symbolize our masculine qualities, which are reflected back to us through husbands, fathers, sons, and all other males.

There are three major types of benign headaches. Pain on one side indicates a migraine headache. Diffuse pain indicates a tension headache. If you experience pain above the eye while sleeping, this is called a cluster headache. **Table 7** and **Figure 17** more clearly define the major types of benign headaches.

Table 7 Characteristics of Benign Headaches		
MIGRAINE	TENSION	CLUSTER
One-Sided	Top of the Head	Above the Eye
Intense Pain	Pressure-Like Pain	Extremely Intense Pain
Premonitory Symptoms	Diffuse or Band-Like	Nightly for Weeks, Especially While Dreaming
Aggravated by Many Factors	Occurs During Intense Stress	Craving for Air; Suicide Risk
Prevalent in Females	Depression Danger	Prevalent in Males

In light of what we just discussed, headaches have a distinct symbolic significance that deals with control issues and a refusal to see the bigger picture of a situation. Headaches signify an attempt to escape reality, be it physical, mental, emotional, or spiritual.

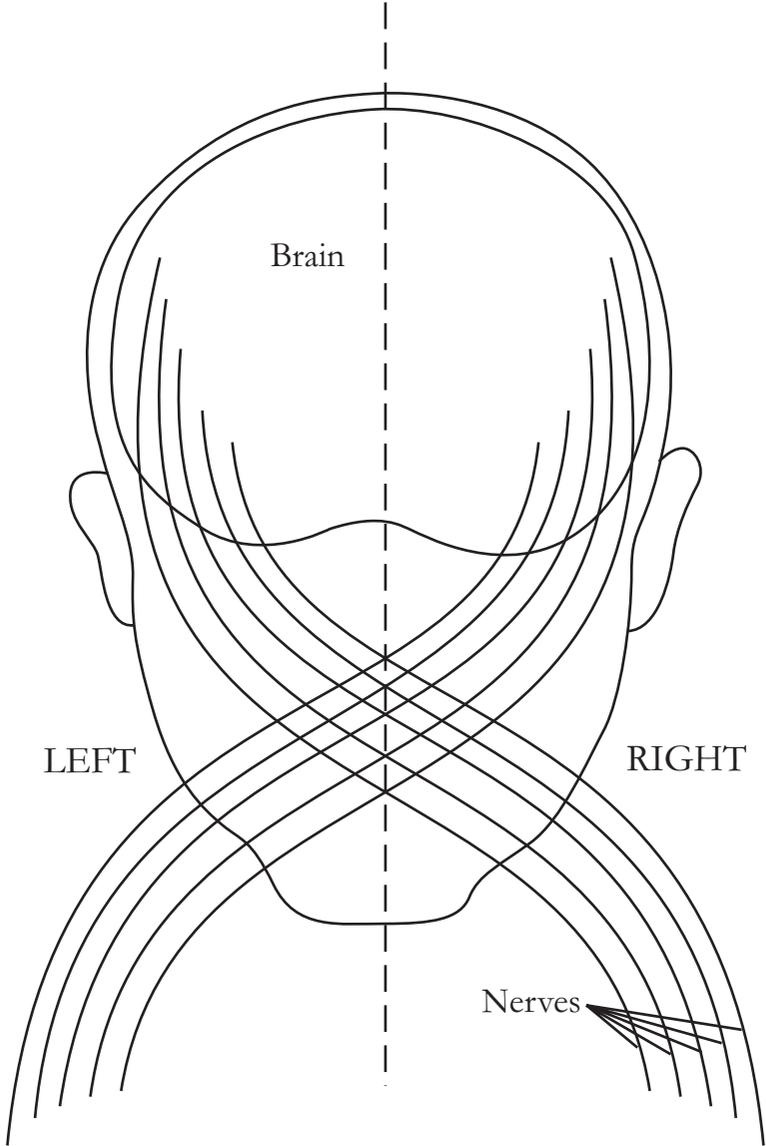


Figure 16:
Symbolic Fiber Crossing

Classic Migraine

A classic migraine is a one-sided headache common in young women. It occurs every few weeks, usually in the mornings, and is sometimes preceded by premonitory visual or auditory symptoms (the individual can tell that the headache is about to hit). Symbolically, migraine represents a denial of one aspect of the personality, generally the left hemisphere (the masculine, logical side), although it may very well be the right, feminine side. A left brain denial (remember that the brain symbolism switches sides) may indicate a denial of active assertiveness in social settings or interpersonal relationships.

Left brain denial may be triggered by situations that directly evoke the troubled issue. Or they may be triggered by symbolic representations of issues such as consumption of red wine or alcoholic beverages (they cause one to drop inhibitions and mind games); lights (symbolic of the light of our path or of seeing points of view in different lights); chocolate (sex related issues); coffee and tea (sweet emotional excitement); and premenstrual tensions (heightened feminine issues).

If you have been afflicted with migraines you probably know that they usually strike in the morning when you begin a new day, or a new life project. The affected person cannot tolerate light (symbolic of the light of a situation, the so-called light at the end of a tunnel or simply the truth), or sounds (higher emotional messages or warnings). In extreme cases, the refusal to act on or see a particular aspect of life literally leads to paralysis or partial blindness.

During the entire migraine attack, there is diminished blood flow to various areas of the brain and diminished vascular response, both of which are indicative of denial of spiritual guidance. This type of pain may linger for the whole day but usually subsides at night when the logical side goes to sleep.

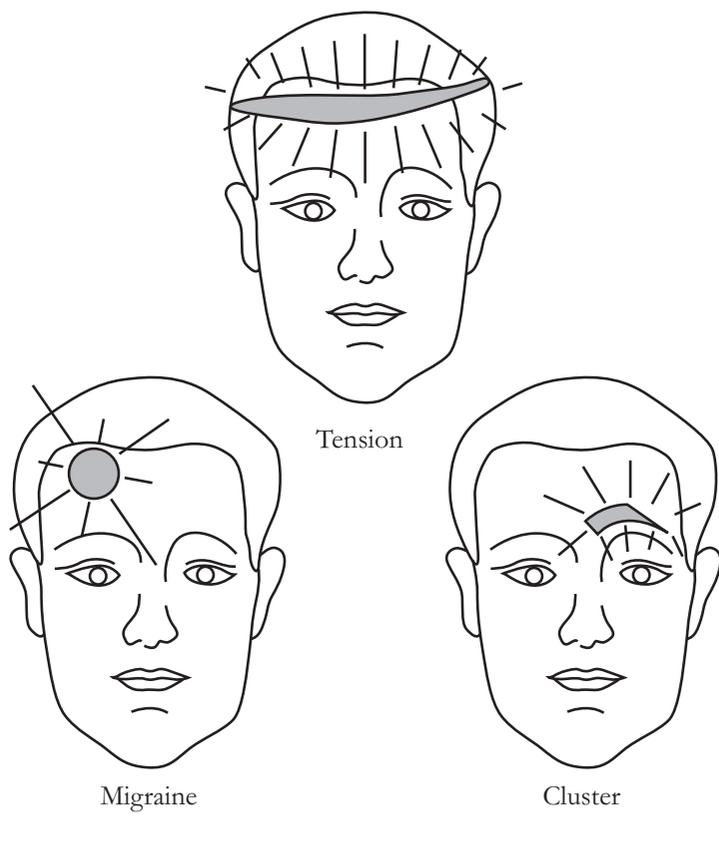


Figure 17:
Typical Headaches

Our Migraine Example: Tracy

Tracy is a twenty-two-year-old college student with an active lifestyle. She has many friends, a loving family, and a supportive boyfriend. She enjoys life and is used to having lots of fun. Days and nights are just not long enough for Tracy.

Semester finals are rapidly approaching. Tracy knows they will be a bit challenging, so she decides to start studying on Monday after spending the weekend going to parties, having fun, and relaxing.

Monday morning, after a cup of coffee, Tracy feels strange. Letters and small lights seem to be dancing in front of her eyes, and for the first time in her life, she cannot concentrate. Still, Tracy realizes she needs to refocus her life around studying – at least for a period of time – but while she is focusing on the exam materials, she suddenly develops a headache just above her left temple. (Symbolically, this means she is denying the logical, controlling part of her that is forcing her to study.) She can't concentrate on her textbook or notes.

Tracy goes into a dark room (subconscious refuge; refusal to see the light of the situation). The touch of objects and any noise affect her strongly (she doesn't want to be reminded of the present circumstances). She resents the pressure of her deadlines and feels nauseated – a symbolic temper tantrum, so to speak. Gone are the exciting times of no worries. Coffee and a box of chocolate (symbolic substitutes for excitement) worsen the pain instead of reducing it as she hopes. Even trying to think logically is painful.

Tracy finally recognizes that studying requires more determination and willpower than she is accustomed to. She makes a conscious decision that she does, in fact, want to take these exams and succeed.

After getting used to the idea of concentrated studying, the pain becomes more bearable. Over the next several days, Tracy notices that the routine helps her overcome her own resistance. She doesn't fight or deny anymore, and as a result, her pain subsides. Because she studies enough, Tracy successfully passes her exams.

Over the years, Tracy enters a more self-controlled phase of her life. Nevertheless, she still sometimes subconsciously rejects major tasks that seem too challenging or time consuming. During these times, she has headaches and craves the spice of life, symbolized by sweets, tea, coffee, chocolate, or red wine. She comes to believe that these food

indulgences were to blame for her migraines, not realizing that they were only symbolic associations.

At thirty-six, Tracy is married with two children and a good job. Her workload is reasonable and provides her with a balanced mixture of routine and fun. Tracy still has migraines from time to time.

One Saturday morning, when she has planned a day of spring cleaning, she wakes up with a left-side migraine. The pain stays with her for the whole weekend. But surprisingly enough, on Monday morning the pain is gone.

The following weekend, Tracy decides to hire somebody for the cleaning job, and she goes out and has fun. Without consciously realizing it, Tracy has avoided another migraine attack.

Tension Headaches

Have you ever been sitting at work and suddenly, you feel like your head is in a vice grip? If this has happened to you, you may have been experiencing what is commonly known as a tension headache. Tension related headaches are a diffuse, pressure-like pain felt across the top of the head or as a band-like throbbing. These types of headaches are common in middle-aged individuals and occur during intense moments of emotional stress, worry, or depression. They can continue for weeks or months and are barely affected by painkillers. (Depression will be discussed later in greater detail, but for now, suffice it to say that it is a symbolic association with victimhood mentality and the avoidance of the inspirational desires and dreams we so desperately need.) During a period of crisis, a middle-aged individual may insist on clinging to his/her familiar routine out of social pressure, lack of self-confidence, or simply out of inertia.

Tension headache indicates that a person is at a spiritual crossroads and will remain there as long as this issue is not acknowledged.

You can liken it to being in a traffic jam, stuck there until the intersection is free of traffic and you are free to move ahead.

Cluster Headaches

Cluster headache is an extremely intense, short, constant, one-sided pain above the eye, usually occurring in males during dreaming (not merely sleeping). It is associated with eye symptoms on the same side and may recur nightly for weeks or months (in clusters), especially during periods of emotionally upsetting experiences.

Pain above the affected eye is accompanied by closure of the eyelid and the pupil, all of which suggests a refusal to see an issue. The patient is gasping for air (oxygen, the spiritual life force, is needed). Sometimes the pain becomes so intense that it can lead to suicide.

Have you ever had a very strange dream and subsequently gone looking for a book or reference as to what it was all about? Since the dawn of time, our dreams have been a topic of great study. The reason for this is that while we are dreaming, we connect to a level of consciousness that cannot be understood in the waking state.

Dreams provide access to the guidance of our higher consciousness, where we can resolve issues that may be difficult to handle in the limited world of physical existence. Your dreams really are trying to tell you something! The spiritual guidance of dreams is so essential to life that we cannot survive without it anymore than we could survive without oxygen (symbolic of spiritual energy). In fact, experiments have shown that animals that were allowed to sleep but were awakened when they began to dream started exhibiting unusual, dysfunctional behaviors and eventually died. Not only are your dreams speaking to you, my friend, but they are also essential to your overall mental, emotional, and physical health. Generally speaking, those who do not dream are not well.

The intense sensation of pain at the beginning of a dream is related to an intense denial of a crucial aspect of our spiritual path. Subconsciously, it is likely that an agreement has been made, but the individual is refusing to carry it out. When he is reminded of his calling during the dream, the patient responds with an intense denial and refusal to see. Once the guidance is finally accepted, the pain resolves. This type of headache generally affects men, probably because they tend to be more reluctant to accept guidance. When your husband or boyfriend refuses to stop and ask for directions, you know this to be true!

BACK PAINS, SPRAINS, AND ACCIDENTS

Since pain has already been discussed in the chapter on Headaches and Migraines, let us now examine the symbolic significance of bone structures. Bones are hard and compact compared to body fluids and tissues, as they represent the density of our inner structure and support. They are the slowest to change, and when they do change, this generally requires a profound process that involves all the layers of manifestation – from the spiritual, mental, and emotional all the way to the physical (“down to the bone”).

Symbolically, all bones consist of three basic geometric shapes: circle, triangle, and square (see **Figure 18**).

The triangle, the creative symbol and origin of all forms, is the simplest geometric shape representative of the transition between transcendental and material. Mathematics has its basis in the triangle, as does geometry. The triangle symbolizes a sacred, creative transition from pure mathematical potentiality to manifest physical reality.

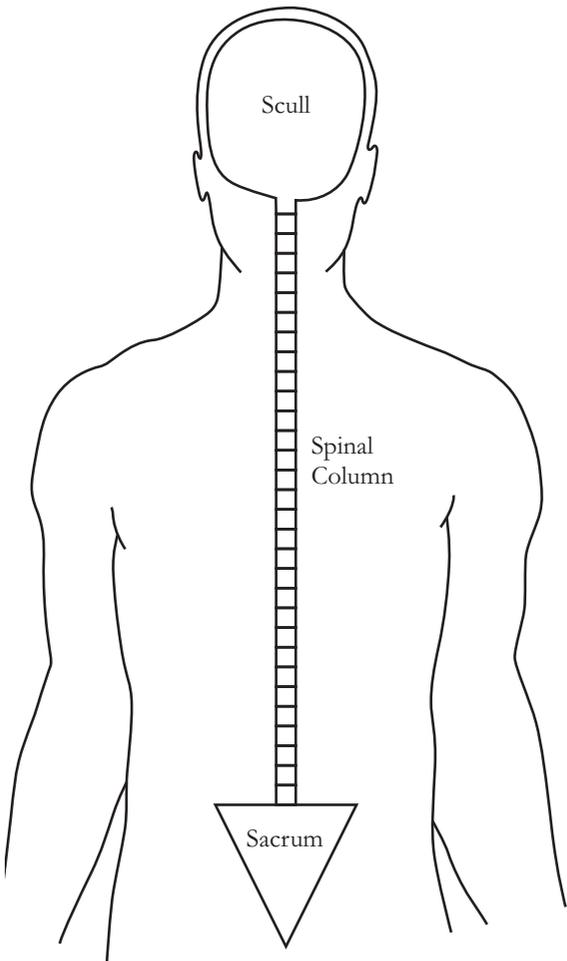


Figure 18:
Geometric Axial Shapes

All human vertebrae contain a series of balanced circles, triangles, and squares. In the human skeleton, round shapes are generally placed in axial locations, while long bones are found peripherally. This pattern of spreading outward from a core follows nature's basic law of manifestation and can be observed in many creatures and natural

formations. The sacrum bone denotes the sacred triangle, the “mother of form.” It has symbolic implications in anchoring the physicality and, not coincidentally, shaping the birth canal, the passage we all emerge from when we take on a physical form (see **Figure 19**).

Both the sacrum and the coccyx consist of five vertebrae that are fused together. Ten (two pairs of five) is the symbol of infinite potential manifesting as individuality. Five is the number of life, comprised of three plus two (three stands for the masculine, two for the feminine). The human spinal column contains five lumbar vertebrae that are symbolically related to the physical realities (the five senses). Above these are the twelve emotion-related vertebrae (twelve is the number of completion), and seven cervical, mental vertebrae (seven is the number of wisdom). Did you notice that all these numbers are combinations of five and seven! The seven cervical (mental) and five lumbar (physical) vertebrae add up to a complete twelve once again.

Lower back pain or tension is a familiar discomfort to most of us because pain or denial at the level of these structures is frequent. Back pain is a leading cause of disability in people younger than forty-five, an overwhelming number of them being male. Bones symbolize physical support, emotional strength, and stability, and they also represent our personal spiritual support structures materialized in the physical realm.

Burdens of physical and material responsibility, as well as lack of financial backing, show in the lower back.

Mental rigidity affects the cervical area. In osteoarthritis, there is a classic weakness at the C6-C7 level, signifying a rough relationship between these two vertebrae in the neck. Symbolically, this indicates discordance between C6 (the ability to praise and give thanks) and C7 (the faculty of rational thinking).

A vast majority of adult males experience problems at the juncture between S1 and L5, where the spine meets the sacrum. Symbolically speaking, they have difficulty accepting the sacredness of material existence and tend to deny or distrust the spiritual support of physical materiality. It is typical for the average Western, money-oriented individual to be consumed with financial worries and doubt his capacity to financially materialize support.

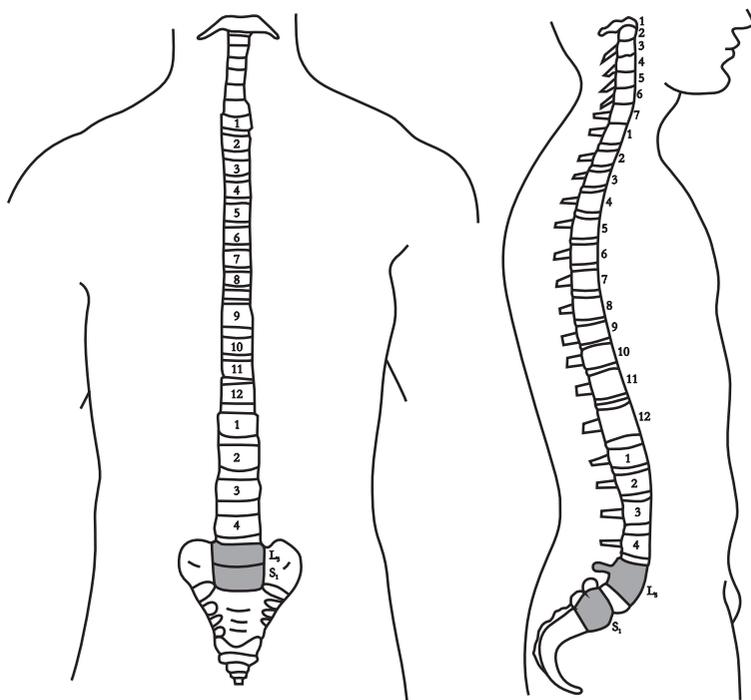


Figure 19:
Spinal Column and Sites of Frequent Injuries

No one likes to get bills in the mail or calls from bill collectors. You can probably attest to the fact that many people resent monthly bills and distrust their ability to pay them. When this confidence and trust is shaken, back pain is a common occurrence. It is interesting to

note that in Third World countries, where people more readily trust that nature will provide for tomorrow's needs, back pain is not a common occurrence, even though they may perform harder physical labor. Generally, back pain is more frequent in males and is especially predominant in individuals and societies that believe in hard work as the only way to survive.

Lower back pain almost always involves issues of control over some particular ways of being. These ways of being are physical, (but close to the sacrum); therefore, they are usually related to our ability to manifest financial support.

The nerves of the back are the physical mirrors of the paths we choose in life. When a disc slips, it presses upon a nerve and causes pain. In the language of symbolism, we can say that the restraints of unfavorable circumstances (such as a tight budget) are usually perceived as external pressure beyond our control. Our control of the situation is threatening to slip away; symbolically, we experience this as pressure or as a pinch. This pressure may be symbolically correlated with a slipped disc and pinched nerve. A pain shooting down to the feet may follow during this situation, with its corresponding symbolic significance – a sharp denial of justice and goodness in the world.

Sprains, Fractures, and Accidents

Accidents are just that, right? Just accidents? Not necessarily. At this point, it is probably clear to you that, symbolically speaking, all accidents are a buildup of internal pressures that suddenly burst into the physical realm and disrupt its status quo. Strong deviations from genuine personal journeys and rebellion against physical realities attract accidents. Rebellious teenagers are especially prone to them, as your local insurance statistics can confirm.

All events, whether we deem them good or bad, serve as messages of love and reminders of new perspectives. Sometimes they help us

break boundaries that no longer serve us. By consciously recognizing the degree of rebellion building up inside and by acknowledging the emotional and mental messages, it is possible to resolve these disruptions without the need to experience them physically. Accidents are avoidable, unless we *need* them in a deeper spiritual way.

Sprains are the consequence of movements beyond the normal range. Outrageous thought patterns that interfere with one's plans can physically manifest as sprains, usually at the ankles. The ankle is the place of integration between the vertical and horizontal planes, signifying a symbolic crossing that gives birth to our path and direction to our steps. Therefore, clutching to old plans that are not aligned with our current needs can translate into repetitive ankle sprains.

Fractures denote the symbolic breaking of a support system or rigid psychological system. The external forces that cause the break are an expression of internal conflicts (mental or emotional) that shatter the trust in an established physical reality. Additional clues about the symbolic cause of a fracture can be derived from the exact location of the break.

A fracture may involve a joint, indicating issues around flexibility and freedom of movement; or it may affect a long bone, denoting conflicts with physical rules that have long been established. If the symbolic cause of the trauma is severe, the fracture can penetrate the skin or dislocate bones from a joint. In these cases, the accumulated tension has disrupted an inflexible, unyielding system to the point where parts of the physical reality are not even contained anymore within emotional limits, symbolically indicated by the fluid in the joint capsule.

A fracture is a physical bone destruction symbolizing a sudden loss of sustenance (a fractured bone cannot sustain us), which originates from thought patterns that do not sustain us. When this happens, the overall harmony of the mental/emotional/physical unit suffers a literal

crash. Internal lesions and hemorrhage restrict normal blood supply (spiritual energy and information) only to that specific area, which further impairs the range of motion.

Accidents are a symbolic mirror of our problems. Did you forget to slow at the yield sign, or did you just not see the other car? Were you symbolically looking in the wrong direction? Did you (symbolically) fall asleep, or are you having trouble with your passing maneuvers? Accidents may reveal to us a missed opportunity to change course in life. The lack of conscious courage to abandon an old path can, and often does, lead you to a symbolic head-on collision.

Our Back Pain Example: Alex

Our subject for back pain will be Alex, a thirty-six-year-old, otherwise healthy individual. He was raised to believe that only hard work can bring him success and has always worked in one way or another since he was sixteen.

Even though deep inside he feels the connection with the spiritual part of existence, he doesn't pay too much attention to it in everyday living. His parents are somewhat religiously inclined, but Alex grew up believing more in him than in outside help. His sense of orderliness and organization has served to fuel his self-confidence and a desire for greater accomplishments.

During his college days, Alex experienced back pain for the first time while studying for an examination. His mind was focused on financial pressures. He needed money for a vacation and a new car. Up until that point, he had relied on parents for extra cash, but they had fallen ill, so now he had to take care of them.

Suddenly, Alex's self-confidence was challenged. He felt forced to get an extra job because his part-time delivery job wasn't providing

enough income. He didn't feel supported. Weeks passed, and he felt tired and overworked. His confidence took a nose dive. He was on his own, and his schedule was getting busier and busier.

One day while delivering a large package and thinking about the challenges of making money on his own, Alex experienced pain in the right side of his back for the first time. Before this thought was even finished, a sudden pain shot through his lower back. He stopped, held his breath (didn't want to accept it), and put the package down. The pain subsided a little.

Alex took off from work that day, but the pain persisted, especially when stretching or doing rotating movements. Alex was being challenged in his belief that hard work is the only way to provide financial support. Alex needed to acknowledge his subconscious choice for this challenge. He needed to look at this situation with trust and acceptance. He needed to acknowledge a spiritual support to the logical, constructive way in which he wanted to manifest the financial supply. Pain came when he was overworked, mirroring the general overload in his life.

But what exactly was happening to Alex? The smooth connection between the sacred and the physical – the S1-L5 discs – had become distorted and was pinching the nerve connection to the leg. Symbolically, this meant he was feeling external pressure on his own logical control mechanisms (nerves that symbolically govern his path and way of being). Just as Alex felt he was slipping away from his support system, his disc slipped in his lower back.

Alex did manage to get through those difficult trials, graduated from college, and improved his financial situation, but he can never seem to forget those days. He doesn't completely understand what happened and did not quite learn the trust lesson he was supposed to have learned. For this reason, his back pain continues several times a

year, usually during times of financial distress.

Later, he marries and continues to work overtime to pay a mortgage. By the time his first child is born, Alex feels burdened by responsibilities, and his back pains return, stronger this time. His pain usually sets in late in the afternoon, when he is feeling overworked or missing his family. Nourishment is a symbolic form of support; therefore, he is also in pain when missing the emotional nourishment that his family provides.

His pains intensify whenever he tries to stretch or bend (surely you can see the symbolism here). On a good note, Alex does not end up with permanent back pain. As soon as his wife starts to work again, he feels better, and after obtaining a bank loan, the pain almost disappears entirely.

Family life is helping to change Alex's philosophy about material possessions; he is now discovering that he worries less about money and enjoys more of his life. His pain was a messenger, and Alex subconsciously acknowledged the message, even though consciously he was not aware of it. Intuition led him to a healthier lifestyle and more fulfilling experiences.

HIGH BLOOD PRESSURE

High blood pressure and heart attacks, some hotly debated topics nowadays, have been briefly surveyed in this book. Without losing ourselves in millions of technical details, we need to comprehend the symbolic implications of major disease processes.

Ironically, the careful study of these health conditions serves to help us realize how little is understood about them. Research and theories abound, but the answers to our essential questions, “Why me, why now, and why these symptoms and not something else?” are far from being addressed.

When we find massive research projects on a particular subject, this tends to point out just how little is known about that subject, since research is generally not done on things that are considered known and self-evident. In other words, why study something if you already know the answers? The fact that heart attacks and high blood pressure are so frequently studied proves how little is really known about them.

Individuality sometimes becomes lost in statistics. For example, if you have a 50 percent chance of survival in a year, this is just a fancy scientific way of saying, “Maybe you’ll die, maybe not... we don’t know.” It is important to realize that this chance of survival exists only for an outside observer – but not for you. At the end of the year, you will either be alive or dead, not 50 percent of each. If you believe a statistic

which indicates that you're likely to die, then this experience might be borne out for you. However, there is no law stating that you have to behave statistically.

In fact, you don't have to behave like anyone else at all. You can change events if you want to; at first all you need is the awareness that change is required.

Unique personal options are usually ignored in statistics. People want and need to be treated as unique personalities because each one of us is unique and special. The personalized approach is what lends human dimension, hope and optimism to the medical act.

In order to become aware of what needs to be changed, you can definitely use the symbolic approach. This approach to understanding a medical condition is useful because it explains many conditions and correlations whose causes were previously not known. This symbolic approach also makes many correlations predictable.

By realizing what symbols are being mirrored within you and outside of you, you can begin to gain an understanding of what your body is trying to tell you about the person that you truly are and the changes that need to be made.

The words *high blood pressure* and *hypertension* indicate a high degree of internal pressure and tension. The reasons why an individual may experience tension are countless, but there is one specific pattern that is required for any pressure to build up anywhere: failure to let go! If you let go easily, there will be no internal tension, no matter how much you take in. Imagine cooking in a pressure cooker with a closed valve. Sooner or later, it will explode.

The reason your grandmother occasionally opened that valve when she was canning those green beans is because she knew that if

she partially opened the valve, there would be less pressure inside to burst her jars because some of pressure was carefully and purposefully released. If you cook in an open pot, however, there is no pressure buildup at all.

High blood pressure is symbolic of relatively longstanding emotional concerns (fluid relates to emotions) that want to be released. Like a high-pressure system, these patients have unexpressed feelings, blocks, anger, anxieties, or fears. Since it is blood that is under pressure, there is generally a restriction (internal or external) in fully expressing personal vitality and joy.

From this perspective, it is not difficult to understand why males, minorities, or the elderly exhibit higher rates of high blood pressure, since it is not socially acceptable for these groups of individuals to express feelings openly and easily. From this point of view, it becomes obvious that obese people, diabetics, and patients with kidney problems (all with increased rates of high blood pressure) also have repressed vitality and difficulties with letting go, accepting, and forgiving. Forgiving means giving one's focus forward instead of backward; releasing instead of holding back.

In an elastic system, the pressure of the blood is also measured by the amount of resistance that an expansion receives (see **Figure 20**). Pressure is defined by how much something presses against something else.

Two numbers express the measurement of pressure: one to gauge expansion, and one to keep track of resistance. In a static system with very high, non-elastic resistance (an oxygen tank, for example), just one number is necessary to indicate the difference between the two forces. But in a dynamic system with wide variation in elasticity (such as the circulatory system), there is also wide variation in pressure.

Numbers fluctuate between maximum and minimum expansion rates. When expansion is active, resistance becomes passive. When daylight comes, night time retreats. In this way, these two opposites mirror one another and define each other in a complementary fashion.

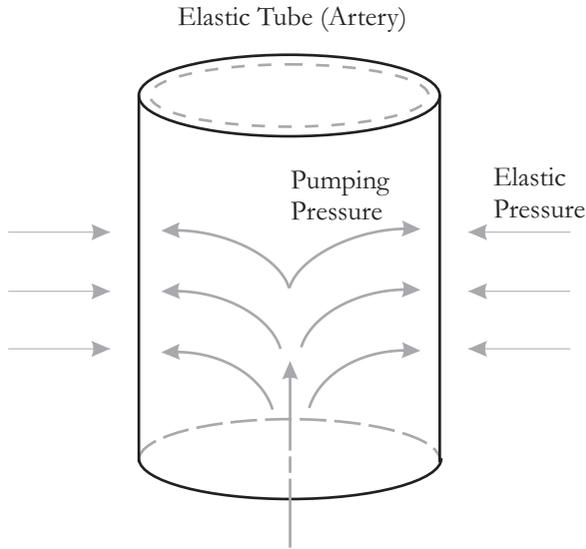


Figure 20:
Pressure Flow

Certainly, you have had your blood pressure checked before, but do you understand what the numbers mean? Blood pressure has two values: *systolic/upper* and *diastolic/lower numbers*. The systolic (expansive) number measures how much we try to accomplish our tasks; whereas the diastolic (elastic resistance) number symbolizes what we perceive the external resistance to be. These two values come together to form a number (140/80, for example). Most of the time, these values increase or decrease simultaneously because the more stressed we are, the more resistance we perceive, and consequently, the more effort we put forth.

Research has confirmed that blood pressure increases (especially the systolic value) during outward oriented physical activities. By the same token, blood pressure decreases (especially the diastolic value) when we do inward oriented activities like meditating or sleeping.

High blood pressure can be produced by longstanding tension, or it can occur as an acute reaction to a highly traumatic event, in which case it is extremely high and is called *malignant*. Typically, the patient having this extremely high blood pressure is a male in his forties. Surely you've heard of the so called "mid-life crisis" that sometimes can trigger these events.

What each patient actually experiences differs from one individual to the other. In minor cases, there are only slight vision disturbances or occipital (back side) headaches. The refusal to see what is going on may physically manifest in a large spectrum of vision problems that range from small black visual spots to total blindness. Other typical symptoms may include:

- dizziness
- vertigo
- vomiting
- paralysis
- fainting (syncope)
- refusal to focus
- spinning out of control
- rejection
- inability to move on
- desire to escape and give up

Long-term complications of high blood pressure are an expression of muscular buildup in the walls of arteries. Initial stretching of an artery occurs as a consequence of its elasticity, as a result of the increased blood pressure of the blood pulsating through. If the stretching continues for too long, a set of small muscles in the wall of the blood vessel help these vessels retain their new distended shape. The more these muscles are used, the more they bulge. Ask any bodybuilder, it's the same principle!

Symbolically, the tension is perpetuated by our physical reactions, which we initiate in response to the initial tension. In other words, these reactions provide temporary relief, but over time, they become the source of more strain, which amplifies the vicious circle of tension.

For example, if we try to cover a lie with another lie, it may provide temporary relief, but in the long-term, the new lie becomes a source of more strain because we need to stretch more and more to patch every possible aspect of the new lie. The tension builds up until it erupts, and we get caught.

This muscular build up can appear anywhere in the body, but it is most intense in the eyes, kidneys, and brain (it is difficult to feel in control during these times) and in the heart (which makes it hard to appreciate harmony). All serious consequences of high blood pressure are highly suggestive. Subconsciously, a patient may eventually decide to shut down the kidneys (renal failure), the heart (heart attacks and failure), the eyes (blindness), or the brain (stroke). These all indicate a symbolic need to acknowledge life processes: to love, to see, to understand, and to let go.

High Blood Pressure Example: George

Our patient George, was raised in a family of strict principles, obeyed strict rules all his life and began to adopt a similar lifestyle at an early age. Being in the military reinforced his tendency to follow a path dictated by others. At the same time, the military also taught him the other side of the coin: George enjoyed a taste of order, perseverance, and success.

After his term of military service ends, George gets a job, makes many friends, and has a good time. Then, he marries Michelle and settles down. She was also raised in a family of rigid rules. They have children together, and for some time, everything seems to be all right.

However, George, however, still remembers the times when he was on his own. There are just too many responsibilities in his marriage. The world starts to press upon him, demanding more and more. Michelle criticizes him frequently. Pressure is slowly building up. It is at this time in his life when his blood pressure begins to rise above normal. George doesn't feel sick and, in fact, has no way of knowing about his condition because he refuses to see a doctor. For years, George has borderline hypertension without even knowing it.

At one point, George gets a new boss who is clearly more demanding, more rigid in thinking and expression, and expects rules to be followed to the point of exasperation. He assigns tasks that seem unreasonable (notice how everything mirrors George thought patterns). George initially accepts some of these tasks, but soon enough, they start to bother him. A new kind of pressure is building up inside him. Every little task given to George builds up his diastolic blood pressure (diastolic blood pressure symbolically corresponds to the pressure George perceives to be exerted upon him).

George begins to fight with Michelle. One day, during a minor argument, the systolic value of George's blood pressure rises proportionately higher than the diastolic one. That day at work, he is asked to do hard work that is not his usual responsibility. His diastolic blood pressure also builds up more and more.

Finally, to top it off, his new boss criticizes him heavily. George's blood pressure shoots sky high; he wants to say something, but suddenly feels dizzy and sees bright and dark spots buzzing around his head. There is a ringing in his ears. (The noise is a symbolic expression of not letting go of a specific emotional vibration.)

Alarmed by these symptoms, George's colleagues accompany him to the company nurse, who finds his blood pressure to be extremely high. Symbolically, George is boiling inside like a pressure cooker. He

is taken to the hospital. In the Emergency Room, he is diagnosed with hypertension (high blood pressure) and admitted for observation.

Far away from his problems in the hospital, George now feels better. However, he doesn't realize that when he receives flowers and well wishes from his wife and his boss, the blood pressure temporarily rises again.

After some time George is finally discharged from the hospital with a diagnosis of hypertension and instructions to take pills. The pills make him feel blunted and less overwhelmed so he can return to his daily activities. These activities are not something he cannot handle, but they are far from what he would like to do. It is still not too late for George to acknowledge his inner longings and allow more freedom into his life.

CANCER

Most of you reading this book have come face to face with cancer in one way or another – either in yourself or someone you know. Cancer is not an easy subject to discuss, because everyone has different opinions about this illness. There are medical societies organized around cancer, meetings about it, and marches against it. At this very moment, you yourself may have a pink ribbon tied around your car antennae or pinned to your lapel.

Many of us will experience growths, tumors, or cancers at some point in our lives, and many of us will have traumatic experiences surrounding them. Passions are high, and opinions vary.

But what is the essence and symbolic significance of this illness? As explained earlier in this book, I believe cancer is yet another mirror – as is everything in our lives. Each one of our thoughts and behaviors are reflected back to us. When we feel or behave like a cancer, we will manifest it. When the issue at stake is out of control, the cancer will start to physically take over our lives.

A tumor is a growth - inside or outside the body. It grows past and beyond our organs - symbolically beyond our established attitudes and belief systems. A tumor is an abnormal shape originating from an out-of-the-ordinary belief system that grows out of control. Tumors take advantage of the host tissue and may cause severe damage to it.

Oftentimes, when we adjust our lives according to the message the tumor symbolizes, this behavior is limited, and a growth never develops into cancer.

When the growth is limited, the result is called a *benign* tumor. It is important to realize that, as in every disease, it is only when the issue is neglected and judged that we manifest the problem or illness. Have you ever noticed that when you feel good physically, you also feel good emotionally and mentally, and vice versa? This is because when issues are acknowledged, loved, and acted upon, we usually stay healthy.

Cancer represents different behaviors depending on type and location, but what is more important for the symbolic approach is the underlying message – the common denominator. The common denominator in cancer is cell growth that has gotten out of control. These cells are mirroring deeply buried issues that want to be brought to our attention.

A more profound question is: What is the behavior of a cancerous cell? Cancerous cells do not follow the natural cycles of growth (e.g., cycles of day and night) and don't interact harmoniously with other cells. These cells lack respect, so to speak, for their neighboring cells and are out of control in both space and time. They display large amounts of energy, which they steal from other cells. As a result, overall energy is depleted, and the consequence is a weakening and exhaustion of the whole body.

We all know rebellious adolescents, and cancerous cells behave not unlike them. They are independent and reluctant to take advice, break rules intentionally, and express themselves in crude, shocking ways. They have little sense of adherence to organized society (symbolized by the surrounding tissues), quickly travel to new and exciting places (metastases), and try to escape the law enforcement system (symbolized by the immune system). Cancer cells secrete enzymes that benefit their

own growth while inhibiting that of their neighbors. Increased sexual activity (high index of cell divisions) is common, as are attempts to “convince” normal cells to follow their way. They use society as a host to be taken advantage of. For all intents and purposes, when compared to other cells, cancer cells are the schoolyard bullies.

We are all familiar with this type of behavior and may occasionally catch ourselves thinking along these lines. Such thoughts can be triggered by many situations, including the stress of modern life, unresolved childhood trauma, adolescent memories, or unfulfilled desires. Each thought is followed by a corresponding emotion (energy in motion), which is reflected in the behavior of a new cell. On any given day, we probably generate many of these kinds of thoughts and behaviors that make our body produce cancerous cells. If such thoughts pertain to infrequent and isolated events, so will be the number and behavior of the newly formed cells: they will be smaller in number and isolated from one another.

Table 8
Characteristics of Cancerous Cells
Young Independent Strong Self-Expression Grow Anywhere Out of Control Desire Fun Lack of Respect for Neighboring Cells Disorganized Growth Disarrayed Behavior No Sense of When to Stop Growing No Adherence to Rules

Being aware of the process always helps solve the problem faster. To use an analogy, when there are a small number of bad guys on the streets and the police are aware of them, it is relatively easy to take

care of them. If, however, the bad guys are overwhelming in number, if they are organized, and if they hide well, then the police are totally unaware of the problem, and the situation will only get worse. Likewise, there are immune officers in charge of law and order within the body (such as antibodies and white blood cells, which we've discussed earlier), and these officers usually keep the aggressors under control.

Again, cancer, like everything else, is a mirror of our behavior. Perhaps cancer is becoming more and more prevalent in our society because our society is becoming more cancerous in its overall lifestyle and philosophy. Some qualities and behaviors displayed by the modern corporate world are astonishingly similar to those of cancer cells: the tendency to push people beyond limits, to expand and control (metastases), to subordinate the community in favor of vested interests, and to develop self-serving ideals at the expense of the community. These ideals are placed above the interest of the collective. They overestimate their power and manipulate others in total and blatant disregard for common goals.

If an experience that evoked traumatic thoughts is overpowering and has not been forgiven (like the Hiroshima bombing or the attacks on 9/11, for example), it might linger in our system. To *forgive* means to give for, to give attention, solve the issue, and go forward. If the conflicting feelings are not expressed and resolved, they not only stay in the body, but also exert pressure from the inside and later rise to the surface level of conscious awareness for a fleeting moment. When they surface again, we tend to re-send them back to where they came from, suppressed in the subconscious; thus the meaning of "re-ment." If nursed long enough, these issues grow within the subconscious and will surface again and again, literally eating our life away.

Cancer cells make use of some tricks to elude the immune defense mechanism. These tricks are a reflection of the different games our subconscious thoughts play on our conscious thought patterns. Most

of the time, we are unaware of our unexpressed emotions. Symbolically, a parallel can be drawn with our immune system. The immune system is unaware of cancerous cells because of the tricks these cells play. By evading the immune system, cancerous cells can grow undisturbed and unacknowledged for some time.

According to the universal mirroring concept, the organ affected by cancer symbolically represents the issue in need of more attention. We will analyze some examples of this concept here.

Leukemia is correlated with the way we defend ourselves. Leukemia is a cancer of leukocytes, a type of white blood cells which play a role in the defense mechanism of our body. If the illness is *acute* and short, there is a high degree of intensity in the response. If the illness is *chronic*, then a long, simmering process is standing at its basis.

After the Hiroshima bombing, there was a dramatic increase in both acute and chronic leukemia. They were all related to the same event and the resentments felt about that specific event. The event was intense and traumatic. However, the way different people *handled* those emotions determined whether the disease process was acute or chronic.

We can go even further in analyzing leukemia.

Myelogenic leukemia (originating from the granular side of white blood cells, which is involved in acute reactions) is related to the perception of an acute event that we need to come to peace with, like rape or the bombing or terrorist attacks, for example.

Lymphocytic leukemia (recall that lymphocytes are involved in chronic reactions) stems from the perception of an ongoing chronic process, such as long-term abuse or oppression.

In other words, if the “cause” (the process that is perceived as

difficult) is short and intense, the leukemia will be granular, whereas a long and simmering cause will result in lymphocytic leukemia. The *individual reaction* to an event will determine whether the type of leukemia is acute or chronic. There are many combinations of all these aspects leading to a wide array of leukemia variants with different patterns of manifestation. In essence, leukemia symbolically represents a perception of difficulty – but also a hidden opportunity to move beyond our limitations.

Leukemia can occur when a person perceives him or herself as a helpless victim of circumstances for which he or she cannot find acceptance or forgiveness. The person feels a deep resentment for their inability to defend themselves against an apparently threatening situation.

In *lymphoma*, the lymphatic system is affected. The lymphatic system has the role of slowly carrying toxins away from the cells. If it is affected by cancer, this correlates with a deep symbolic need to cleanse the system of emotional and mental toxins that result from longstanding hurts in life. Feelings of restriction, together with a blockage of emotional expression, are paramount in lymphoma. A typical lymphoma patient is sweet and gentle but not self-reliant, lacks motivation, and relies heavily on others to get the work done. The side of the affected nodes in lymphoma indicates the location in need of attention and cleansing. If they are situated in the intestines (as in non-Hodgkin's lymphoma), the patient needs to deal with absorption and digestion of life experiences; in the neck or chest (Hodgkin's lymphoma), they signify a need for feeling, self-expression, and cleansing the system.

Now, let's talk about that little pink ribbon we all see everywhere. *Breast cancer* has a strong correlation with a woman's sense of nurturing. An unfulfilled desire to provide nourishment and mothering may be held inside, suppressed and ultimately be expressed as breast cancer. If a woman feels she is supposed to have children and nurture them

intimately, then the more she advances in life without a child, the higher her risk of developing breast cancer. The disease is prevalent in Western countries where women often delay or forgo nurturing and mothering in favor of career pursuits. Believe it or not, mothers who breastfeed their children for some time have a significantly reduced risk of breast cancer.

As you can probably guess, *colon cancer* deals with issues of elimination. There is an unexpressed subconscious need to let go of the past, especially of material things and of outdated baggage that is not serving the person any longer. The patient would be wise to eliminate many non-used items or clutter in order to create new spaces for new experiences.

Lung cancer reflects a latent desire for openness and receptivity to inspiration and love. This disease is a wake-up call to consciously accept love and inspiration and take in new life opportunities.

Symptoms of cancer usually occur late in the course of the disease. The symptoms may be due to local effects such as invasion of local tissues, compression of the cancer onto neighboring organs, or the release of active (usually toxic) substances into the bloodstream. In cancer, there are different symptoms and different degrees of anger, denial, withdrawal, and depression. These symptoms translate into symbolic pain, inflammatory reactions, symbolic wasting, and loss of appetite. Usually, nausea and early satiety (small amount of food makes hunger disappear) indicate that food intake (intake of life experiences) is no longer well tolerated by these individuals.

Anemia is a frequent companion of cancer, but also of many other conditions in which less oxygen (and therefore less energy) is carried to different parts of the body. The degree of red coloration of the red blood cells (RBCs) is indicative of the intensity with which life is experienced. Red is an expression of vital force and of the fullness of an experience in the present moment. If you suppress, deny, or forget

these experiences, you may develop anemia.

Toxins, diet, and other carcinogens are usually nothing more than external mirrors of internal processes. They are reflections of our personal life and should be seen as associations, not causes. Smoking, for example, symbolizes withdrawal. A person hides behind a smoke screen because of a need to build a barrier between him or herself and the outside world.

Radiation may also be an association. You might be quick to argue that in the case of the Hiroshima bombing, the correlation between radiation and the subsequent leukemia that many people developed is undeniable. Then again, there are other statistical associations worth considering. One could argue as well for strong light, shock waves, vibration, or even speaking the Japanese language as being statistical risk factors, and therefore possible causes in the traditional way of thinking. It is my belief (in accordance to the symbolic method, of course) that the intense emotional trauma and the way those individuals dealt with it played a crucial causal part in the development of many cases of leukemia; whereas other effects may have been associations with aggravating effects. In any event, this is a sensitive issue and contains much food for thought.

Our Breast Cancer Example: Mary Anne

Mary Anne is a nice forty-six-year-old woman who has discovered a lump in her left breast a few days ago. She has always been health conscious, so she immediately sees her doctor for some tests. Unfortunately, her fears become a reality. The tests reveal that she has breast cancer and that some of her lymph nodes are affected too. She will probably need treatment. Now, let's take a look at the fabric of Mary Anne's life with regard to the symbolic expression of the breasts (nurturing).

Mary Anne comes from a rational, conservative family. Rules were rules, and allowance of creativity and its expression were much needed

qualities in her family. Some of her family members have had breast cancer also, mirroring the issue for the whole family. Mary Anne was a late child because her mother waited for “the right time” to have her.

Mary Anne longed for something different than the rationalized expression of love and nurturing. She subconsciously wanted to express her love and nurturing qualities to somebody or something. Unfortunately, she did not have too many dolls in her house, and pets were not allowed. Her motherhood instincts had no clear target for a long time; they were suppressed in favor of what her family told her that a girl should do in order to succeed in society.

This early psychological shaping influenced all of her relationships. Mary Anne had friends, but they were kept at a distance, even though she deeply wanted more affection and close relationships. Over time, it became more and more difficult for her to naturally express appreciation or to be carefree and joyful. The man she married naturally mirrored her behavior, and soon there was friction in their relationship. She was absorbed with logical considerations, such as the splitting of responsibilities with her husband. Mary Anne wanted him to be there more for her, and she wanted to do the same for him, but her preconditioning prevented her from knowing how to be naturally nurturing. Soon enough, divorce was inevitable.

She was left once again with nobody to nurture. At times, she suffocated people with her attention. Unfortunately, Mary Anne labeled all these feelings and urges as “irrational”, and she suppressed them as much as she could. She started to focus on other aspects of her life and intentionally refused herself the nurturing opportunities life was offering her. She resented her feminine aspects for making her dependent and vulnerable.

During this time of emotional strain, small cancerous cells were born in her left breast. For some time, everything was under control,

but underneath, her feelings grew “harder” over time. The more she tried to avoid nurturing in her life, the more opportunities and mirrors were presented to her.

At this point in her life, she discovers the cancerous nodule. The cancer has spread to her lymphatic system. The lymphatic system carries proteins (life’s building blocks, plans, and projects) to the blood, and from there to the whole body. The composition of the lymphatic fluid represents one cell’s contribution to the whole body in the same way Mary Anne would feel herself contributing to society by nurturing somebody.

Her lymphatic system is symbolically affected and needs a cleansing. Mary Anne wants to make a difference by taking care of somebody, but at the same time, she suppresses these feelings and never lets them flourish in real life. At some point, she cannot accept this condition any longer. The frustrated desire to mother somebody has driven her over the edge.

We have to emphasize here that all these processes have taken place deep in her subconscious without her being fully aware of them. She only knows that something was out of control and cannot accept the way things are. Meanwhile, silent cancer cells have mirrored all these conditions, thoughts, and emotional patterns, completely unbeknownst to Mary Anne.

At her doctor’s suggestion, Mary Anne finally has surgery, and the cancer is removed. Unexpectedly, for the first time in her life, she has something to nurture: her surgery wound and her past affliction with cancer. She becomes the center of other people’s attention. People begin to genuinely express their concerns and offer support, and she openly seeks deeper, more trusting communication with them. Her usual superficial acquaintances with people are transformed into several deep, sincere friendships.

The cancer has led her to a more natural and loving way of life. She may realize that her illness was a blessing in disguise. After the surgery, Mary Anne's life gradually returns to a normal pattern and, for the first time, she truly begins to enjoy her life.

DEPRESSION

Why is depression becoming a problem of such large proportions in our civilized modern world? What does depression have to do with lifestyle? How can depression possibly be helpful in life? The answer to these questions may come more or less automatically once we understand some of the basic mechanisms of this “dis-ease.”

Let’s start with the assumption that depression is a mental and emotional pattern that befalls certain people during challenging and critical times. It is interesting to note that not everybody responds to the same challenges in the same way; some feel stuck and become depressed when confronted with a relatively minor upset, while others excel in facing life’s major challenges.

All crises are, in fact, very subjective personal perceptions. One person may not think of a particular situation as something major, but the affected person may experience lack of purpose and see no “light at the end of the tunnel.” In this aspect, life is really what you make of it.

A good portion of you, the ones reading this book, may have experienced a break-up with someone you were once very much in love with. When the subject of your affection chose to leave you behind, you may have felt almost suicidal. What is your complete misery on one side, however, may be viewed as something else entirely for others involved in the same situation. Perhaps your parents were relieved that you didn’t get stuck with that person for life.

It is all a matter of perception, giving credit to the glass-half-full/glass-half-empty analogy that so many of us are familiar with. Some people may go through depressive feelings once in a lifetime, while others experience them over and over. Depression always denotes a time of personal crisis and frustration, where a situation is perceived as a painful, hopeless struggle without purpose. Consequently, the subject lacks motivation and energy.

But how did he/she get to this point of depression? My opinion is that the person may not have followed their intuition. They lived by standards that were in direct conflict with their own sense of right action.

Standards are other people's limitations imposed upon us. We are all unique, and therefore, all answers to life questions are strictly personal and unique. When we are confused by external standards imposed by others, we tend to ignore the source to all answers, which always lies within. When we do what we love and live with integrity for ourselves, we naturally enjoy the journey.

When we follow our calling, mostly everything we do is fun and easy. It is when we deviate into different standards and ignore our calling that life begins to feel like a struggle. Things become tough when we do not follow the path that we feel deep inside as being the only unique path of personal fulfillment. Confusion and self-judgment will attract difficulties and judgment from other people. Disharmony with ourselves is reflected in a loss of self-confidence and faith.

Have you ever felt like your past has come back to haunt you or that there is something lurking around the corner that is out to get you? Certainly you have, because you're human! But remember that dissatisfaction with your own past and perceived future will clearly and noticeably block your ability to live in the present.

NOW is always the point of power. The purpose of depression is to close a road that leads nowhere for an individual. One is most willing to break with the past when frustrated, upset, and unhappy. If the person is open to taking a deeper look inside, new solutions will emerge. Depression is a wake-up call – a mechanism designed to take us out of a path that is not ours. Depression will force you to make a shift and turn off a road that leads nowhere.

When you are truly depressed, you will forget that you have the personal power to change things in life and create new realities. Depression is often accompanied by or constructed of a feeling of utter hopelessness and helplessness. Consequently, depression only appears when you begin to doubt your ability to affect the future, when you succumb to victimhood, or when you do not live up to your full potential.

As we've discussed previously in this book, victimhood is a dangerous and harmful mindset to have. We value victims in our society. We give aid, sympathy, and assistance to them. Being a victim is a standard way for many people to receive love and attention that they might not otherwise get. It is not socially fashionable to be self-responsible, but it is respectable to be a victim.

If you are depressed or know someone who is, the first step to overcoming the depression is to realize the cause of the upset and take a look at life again. The cause needs to be recognized in order for the condition to be released. Depressed individuals lack energy because fighting themselves and blocking the best in them consume most of their energy. This is why one of the side effects of depression is often fatigue or lethargy. If you are doing what you love to do in life, you will feel enough energy to complete any task easily.

There is usually the death of an inner dream that pushes people into depression. The left (logical) prefrontal cortex and the anterior

limbic system in the brain (that processes emotions) shuts down. What does this mean? It means that you stop dreaming, hoping, wishing, and planning. You don't care anymore and become emotionally numb. Interestingly, though, depressed patients experience dream activity earlier during the night, and that dream activity lasts longer than that of a healthy person. Why does this happen? Because as we learned earlier, dreams are desperate attempts to try to teach you something. Increased dreaming in depressed people suggests that there is plenty of subconscious processing and perhaps many dream messages that try to convince the individual to follow his love and unique direction in life.

Depressed individuals have to become aware that they created the loss, and they also are the ones able to create happiness again. Nobody else will make them happy again; only they themselves have the power to learn and step ahead in life.

Maybe you think you are absolutely, positively helpless when it comes to fighting depression. You might blame the economy or genetics or your physical health. But you CAN avoid depression. How? The first step is to pay attention to early warning signs.

When something feels boring or unnatural, that is a clue that you are not following a path that is aligned with your individual purpose. Maybe your best friend feels great about the direction you are considering, but if you are not feeling the same, the path may be theirs – not yours. Respect their right to an opinion, but always follow your own love and seek out your own dreams.

Depression Example: Sarah

Sarah is a twenty-two-year-old living at home with her parents. She attends college and has a part-time job. She is from a well-educated, upper-middle-class environment. Her parents expect her to graduate from college and start a prestigious, well-paying career. These

assumptions and expectations have been ingrained in Sarah throughout their relationship and act as powerful unwritten rules.

Sarah accepts this lifestyle and doesn't even think much about it. She thinks this is her path, too, though deep inside, Sarah has never come to peace with it. She has always been fond of free and creative activities. She sometimes catches herself flipping through travel or leisure magazines or enjoying documentaries.

Her life changes when she meets Greg, a young, energetic sales person who is in town to visit some friends. Sarah is attracted to his unrestricted lifestyle, his extensive travel opportunities, and his fierce sense of independence. Greg doesn't earn very much, but he couldn't care less about it. (Notice that Greg is symbolically mirroring Sarah's deeper longing.) They instantly fall in love.

Sarah feels more energy and fun being around Greg. However, Sarah's parents disapprove of their relationship because of Greg's carefree lifestyle. They want somebody more conventional for their daughter, so Greg and Sarah partially conceal their romance. Greg delays his departure from Sarah's hometown in order to convince her to come with him. Sarah is faced with a tough decision; she knows she would rather drop out of college and go with Greg, but she also feels the pressure to stay home, finish college, and meet up to her parents' expectations. Her conventional upbringing finally wins the upper hand, and she later turns Greg down in spite of her love for him.

Soon thereafter, Sarah's motivation to attend college begins to vanish, and she becomes confused. In fact, after Greg leaves, she doesn't feel like doing anything. Notice that Sarah is, in fact, ignoring her dreams and accepting other people's standards for her life. She perceives her actions as a struggle with no purpose. She begins to lose her appetite (her desire to experience life events in a symbolic form) and sleeps a lot (refuge into the subconscious). She even has some

suicidal thoughts. Sarah stops living in the present and loses all hope and confidence in herself. She feels worthless and unable to change her future. Her parents are extremely concerned but don't understand her uncharacteristic behavior. They don't perceive their own standards as limiting and fail to understand that, while these standards may work for them, they are not necessarily working for Sarah.

Sarah subconsciously created this crisis in order to force herself to close the road that leads nowhere for her. The crisis forces her to take a deeper look at her life. Yet even at this point, in fact, her choices are unlimited. Following Greg or staying home are only two among an infinite number of possibilities to choose from, and it is up to Sarah to create the right path for herself.

Sarah needs to realize that the present – NOW – is always the point of power. Sarah is a clear case of a reactive depression, but in fact, all depressions are reactive to something. People like Sarah need help; they need friends to support them. They need friends or advisors to help them acknowledge their own dreams, and then follow those special dreams that energize and vitalize them.

STOMACH ULCERATIONS AND GASTRITIS

Stomach ulcerations and gastritis (inflammation of the inner stomach lining) are similar in their symbolic interpretations. The prevalent issues usually relate to a deeper acceptance of symbolic nourishment. When acceptance of nourishment is diminished, it doesn't completely nourish us. Our longings do not get to be completely fulfilled. As a consequence, we all react with anger and resentment, which are translated into inflammatory responses.

Patients with these conditions have difficulty receiving the nourishment joyfully and have trouble accepting the bright side of each experience. They may be oblivious to the fact that each experience is exactly what we need at any given point in time, even though a deeper meaning might not yet be clear to us. Many people who suffer from stomach issues have a tendency to cling to old ideas or improper, outdated courses of action.

These individuals have trouble assimilating and enjoying the benefit and wisdom of each life experience. A patient with duodenal ulcers may experience faster movements of the stomach (correlated with increased stomach emptying); whereas a patient with stomach ulcers may experience tension and delayed stomach emptying (correlated with attachment to old experiences). These are all general interpretations, and further exploration is necessary. Before we go into these in detail, please review **Table 9** and **Figure 21** for a deeper understanding of the symptoms and their symbolism.

Table 9 Ulcers		
DUODENAL ULCER	STOMACH ULCER	GASTRITIS
Appears in the Forties	Appears in the Fifties	Appears Late in Adult Life
Sharp, Deep, Penetrating	Deep, Penetrating	Diffuse & Superficial
Round or Oval	Round or Oval	Linear, Grows Along Folds
Heals and Recurs	Heals and Recurs	
Stomach Empties Rapidly	Stomach Emptying Delayed	
Pain Relieved by food	Pain Accentuated by Food	

Duodenal Ulcer

The *duodenum*, the first portion of the intestines, represents the transit zone between the stomach and the intestines. Symbolically, it is an action zone where the contents of the stomach, after being accepted, are rearranged, partially digested and moved further; they are thrown into action.

A typical *duodenal ulcer* is a sharp, round, penetrating lesion in the first inch of the duodenum. It is surrounded by inflammation and occurs most frequently in males around forty years of age. This type of ulceration is a round (potential) loss of physical substance (lack of physical experience) that is sharply demarcated (clear “cut” issue) and deep (deeply penetrates the physical, emotional, and mental layers of experience). Surrounding this central issue is an inflammation (anger of variable degrees), either acute or chronic (new and intense or longstanding).

Ulcerations usually appear at a time when the patient is confronting a specific issue, but if the lesson is not learned, it may

recur again and again. If the patient recognizes the problem and takes appropriate steps (appropriate for this individual only), the ulceration is healed. If the lesson is not learned, the ulceration may reappear months or years later, whenever a similar challenge arises.

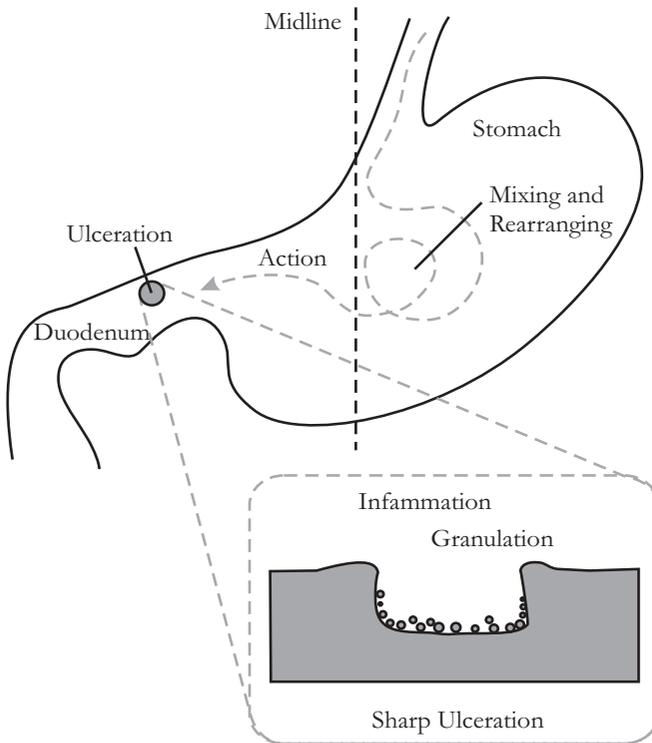


Figure 21:
Stomach, Duodenum and Ulceration

Duodenal ulcers manifest more frequently in males in their forties because this is the time when males have the opportunity to put into logical, constructive action (right side) what they have intuitively accepted and prepared (beliefs) all their lives. The forties is the decade when an individual reaches the peak of their ability to manifest material things in life, as they are no longer in school or under parental guidance

and have accumulated enough life experiences to draw from. In short, this is the time when an individual is most anchored in the physical form.

Ulcer patients exhibit a characteristic lack of genuine, joyful acceptance of new actions and emotions. This frequently translates into pain that is relieved temporarily by eating, especially proteins (building blocks of life structures, symbolic of our belief system put into action). In other words, ingestion of a surrogate decreases the denial. The issue is usually realized, at least subconsciously, but not acted upon. Food is a symbolic substitute for life experiences that we need. These patients tend to avoid rearranging and rethinking issues. There is usually plenty of action in their life, but this action is not in harmony with their deeper feelings and is not openly accepted. We can understand this pattern better with an example.

Our Duodenal Ulcer Example: Steve

Steve is thirty-six. He leads an active life and just got married a year ago. He has always searched for drama in his life, but this need was not consciously acknowledged. This symbolic need for dramatic experiences was reflected in a craving for spicy foods whenever he felt life was too boring.

Long after the honeymoon, Steve feels the need for some spice in his life. Weighing the pros and cons more subconsciously than consciously, he secretly begins to see another woman, Kelly. In time, their affair grows, slowly but steadily.

One day, Kelly proposes that Steve move in with her. On this day, Steve experiences pain in his stomach for the first time, signaling a serious reaction to her proposal. Steve develops a round ulceration in his duodenum.

The ulceration represents issues about a potential, unmanifested (round) action. This action is usually a culmination of previous

thoughts, emotions, and issues. Duodenal ulcers are symbolically related with putting thoughts into action. Deeply, Steve doesn't feel good about moving in with Kelly, but at the same time, he doesn't want to give up their relationship. Soon, Kelly asks him to decide one way or another. For Steve, there seems to be an impending loss either way he decides.

That loss physically manifests into a deep ulceration (which is, in fact, a loss of substance), affecting more than one layer of his duodenum. We can say that Steve has a "clear cut" problem that is affecting him on different layers – physically, emotionally, and mentally.

Steve is also angry for allowing himself to be "forced" to make a decision. This anger symbolically manifests in a moderate degree of inflammation around the ulcer. He is also agitated and nervous, and consequently, his stomach speeds up food processing.

Steve experiences relief from pain whenever he eats. In other words, eating (a substitute for actions) has a soothing effect on his pain. This substitute type of action (eating) temporarily eases his indecision. This situation between Steve and Kelly lasts for several weeks. In the end, Steve decides to leave Kelly. He feels good about this, and his pain subsides. The ulceration eventually heals.

Six months later, Steve has a relapse with Kelly. Naturally, his symbolic ulceration reappears, as does the pain. Over the years, Steve's ulcers keep reappearing.

For a closer observer, it seems that life events are suggestive of the disease process and vice versa. Pain is a message telling Steve something that he avoids hearing. The message of pain, once acknowledged, makes the need for the messenger/pain obsolete.

Gastric Ulcers

Gastric ulcers are somewhat similar to duodenal ulcers but

different in location and behavior. Typically, they nest themselves in the lower part of the stomach. The upper stomach functions as a holding site, while the lower part mixes and dissolves food in preparation for its passage further into the duodenum.

If you have a gastric ulcer, you will experience both nausea and pain. Your body will have difficulty assimilating and processing food; symbolically, you have difficulty assimilating and processing life experiences. The stomach (gastric) location of this ulceration (usually low and toward the back) symbolizes rearranging, mixing, dissolving, analyzing, and rethinking issues.

The onset of this type of problem is common around the age of fifty. The ulceration is usually deep, sometimes perforating through the stomach wall. It may bleed frequently.

If this happens to you, it is likely that a (symbolically) crucial aspect of your path is desperately asking to be reanalyzed, accepted, and reintegrated into your personal life. The mortality rate of gastric ulcer patients is higher than that of duodenal ulcer patients, sometimes indicating that the issue is a matter of accepting and growing versus refusing and dying.

The issue is a specific one because the ulceration is well delineated. Gastric ulcers occur close to the body's midline, which symbolically represents important, axial issues for the patient's future growth. Reluctance to reconsider and rethink such an issue is a classic cause of pain.

Laziness in passing the food from the left to the right side of the body denotes obvious difficulties in transforming intuitive, abstract thought forms into logical, concrete thinking. The obstacle in the transition from abstract to concrete thinking causes delays in the transportation of food through the stomach exit. This explains the

difference between gastric ulcers, characterized by delayed emptying of stomach contents, and duodenal ulcers, characterized by hastened stomach emptying.

Gastritis

In *gastritis*, a large part of the stomach lining is affected by diffuse inflammation. The corresponding symbolic issue is generalized rather than specific and involves a wide range of life issues. Inflammation usually signifies anger. The superficial physical discomfort indicates that the patient is only minimally affected by these issues (they are not life and death issues).

It is interesting to note that the inflammation follows the linear folds of the stomach. This tells us that the anger is aimed at directional lines that the patient chooses. The inflammatory reaction can be the result of acutely stressful events, such as severe trauma, major surgery, shock, massive burns, or severe infections. If severe acute events are the cause of this condition, the reaction is accompanied by swelling (clinging to emotions), erosion and friability of the stomach lining (acceptance of the physical condition is disintegrating), and bleeding (life force and energy leaking out).

Gastritis can also be a slow, chronic process that frequently leads to a slow working stomach. This condition usually affects the elderly and those who are not having an easy time accepting and enjoying their lives. Acid secreting and other glands of the stomach (which secrete different fluids that correspond to specific emotions) also decrease in number and activity as we get older.

Gastritis patients frequently experience difficulty absorbing Vitamin B₁₂ (remember that twelve is the number of completion, signifying completion of a path). Vitamin B₁₂ contains cobalt (an element with spiritual significance, indigo/violet in color), which plays a role similar to the one iron plays in physical living processes.

When Vitamin B₁₂ is not properly absorbed, DNA formation is impaired (our genetic blueprint for life loses clarity) and the equilibrium between DNA and RNA is disturbed. Symbolically, we can say that there is more RNA (the way we act in life) and less DNA (our genetic blueprint of life in its perfect state) in the cells, indicating that we have deviated from our life purpose. There is less guidance, direction and purpose. Our spiritual purpose becomes obscure, and completion of our path is thereby stalled. The consequences are anemia (lack of vitality and energy), reluctance to accept events (malabsorption and gastritis), and neurological changes (feeling out of control, refusal to perceive the higher purpose-driven significance of any experience).

PNEUMONIA AND LUNG DISEASE

Did you know that your lungs are some of the most spiritual organs of your body because they take in oxygen, the spark of life? Oxygen is the origin of fire (literally and symbolically) and has the power to keep alive every cell, to activate the primal life force, lift depression, and bring vitality to mind and body. If you've ever felt better after getting some fresh air, then you know this to be true.

The act of breathing represents the process of taking in and giving out. Our breath reveals much about the way we accept or deny life experiences. (For more details of the symbolic significance of the lungs and respiratory system, please refer to **Part II**, *The Respiratory Network: Lungs/Large Intestine*.)

Air is absorbed into the lungs by a tree-like branching system that symbolically represents the tree of life. The fact that there is a left and right lung symbolizes cooperation and duality. The number two, which contains the power of multiplication and expresses itself in the branching concept, represents duality.

Each lung is comprised of ten segments, each one with its own individual ventilation and circulation. The number ten, again, symbolizes oneness of the individual with the universal. The right lung (masculine side, symbolized by the number three) has three lobes, and the left (feminine side, symbolized by the number two) has two lobes. Together, these add up to five, the number of life.

Each lobe further divides into lobules and segments which are arranged in the same pattern of geometric figures that can be observed in the bones and elsewhere: the triangle, the circle, and the square (or rectangle).

The lungs look like triangles with their base situated above the diaphragm. The diaphragm is a strong cross-sectional muscle that demarcates a borderline between the abdomen (the more primitive animalistic and physical part of us) and the thorax (a more refined, spiritual place). Periodically, the diaphragm oscillates upward and downward. This oscillation symbolically indicates the extent of our tendency to accept physical and spiritual guidance at any given moment (see **Figure 22**). Ideally, there is a state of dynamic balance between these two components.

When the bases of the lungs are more ventilated than the upper portions, this implies that we receive energy and guidance mostly with respect to the coarse, three-dimensional physical realm. Women tend to be more receptive to spiritual guidance than men, which explain why they naturally breathe more into the upper portion of the lungs. This general statement is, of course, all a matter of degree because obviously both men and women breathe with lower and upper lungs at the same time.

The way we receive air is a measure of our openness. This is even reflected in the language: when we are shocked or upset, we hold our breath. The word *inspiration* is related to inhalation; the term is a symbolic expression of our openness to accept higher (divine) guidance. Exhalation measures our capacity to be involved in the physical realm, to contract, to end cycles, and to express ourselves. We accept inspiration through inhalation and respond back to nature through exhalation.

Asthma

For those suffering with *asthma*, exhalation is partially blocked, and the inhaled air is retained inside the lungs. The lungs show

inflammation (anger) symbolically directed toward the exhaling process. Parallel to this obstacle in physical expression, one can usually observe a stifling of the speech, which is a symbolic form of expression. This is because in order to speak, one needs to exhale. Individuals affected by this disease have a difficult time expressing themselves fully; they have difficulties manifesting in the physicality. They tend to be uncomfortable in the physical reality. This might very well explain why children are most frequently affected by this condition. Asthma in children usually improves over time as they get used to the physical aspect of the human condition and learn to more fully and openly express themselves.

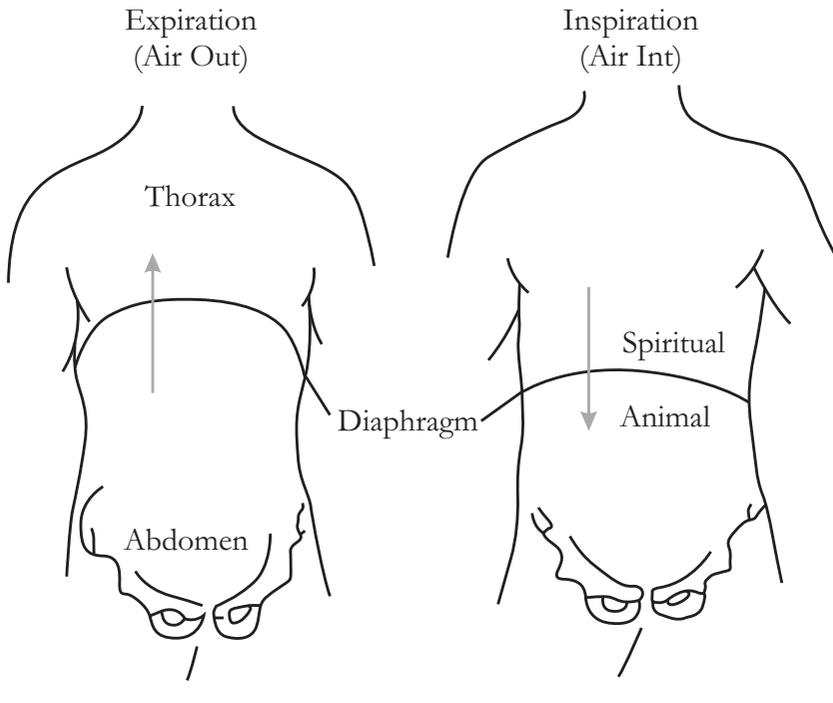


Figure 22:
Inspiratory and Expiratory Changes

Symptoms of asthma may include spasms of bronchial muscles, swelling, secretions, and inflammation, all of which represent a reluctance to act and accept.

Coughing and expectoration generally symbolize an unwillingness to accept. Serious emotional expressions of this refusal to accept (anger and violent reactions of suffocation) may overwhelm the patient. Asthmatics often view the world as an unsafe place for personal expression; yet, various stimuli that trigger asthma attacks are always symbolic reminders of the patient's physicality: dust, pollution, exercise, occupational factors, stress, etc. The majority of asthma attacks are brief, but they may be very serious for the patient.

Life progresses in cycles, such as day/night, etc. When we block one part of a cycle – exhalation, in this case – the other part of the cycle (chest expansion and inhalation) becomes also obstructed. If blocked, new inspiration and guidance is not possible until the cycle is complete and harmony is restored.

It is no coincidence that many asthma attacks strike while the patient is dreaming. Asthma attacks that occur while the patient is dreaming (not just sleeping) were discussed in the chapter of cluster headaches. If this has happened to you or someone you know, chances are that the attack was a reaction to the symbolic message contained in the dreams.

Tuberculosis

Different diseases of the lungs are characterized by different patterns, which are all unique in their symbolic meaning.

Tuberculosis, for example, operates on a low level of intensity. The unique trait of a tuberculosis patient is the perception that they are being forced to live in some form of confinement. Frequently, they are socially deprived and have a low standard of living. This is again

a reflection of their perception and not necessarily the actual reality. The chronic (long-term) preoccupation with the issue of confinement can become quite consuming; tuberculosis is, in fact, a disease of consumption.

Symbolically, the lungs become consumed inside a cavernous process, which is confining those changes. The lesson associated with tuberculosis is a long, slow process of integrating the seemingly confined human existence with one's unbounded spiritual nature.

Pneumonia

Pneumonia is really nothing more than lung inflammation, but it can be quite severe, and it still continues to be a leading cause of death, particularly in children and the elderly. A pneumonia patient symbolically refuses to breathe with the part of the lung that is affected.

This disease is a symbolic refusal to take in life, to take up space, and to exist. Emotional wounds are intense for these unfortunate souls. The patient tends to be depressed, desperate, and tired of living. He or she may even feel that life is not worth living anymore under the present circumstances. In some cases, pneumonia becomes a quick method to pass away. Is it still a mystery now why so many long-term hospitalized elderly patients contract pneumonia? Mortality for pneumonia has not changed much, even with modern medical advances, probably because of the profound meaning of this disease – a strong, sometimes desperate subconscious desire to give up life.

A pneumonia patient is usually angered toward a part of his “inspiration” and symbolically closes down the lung territory that is concerned with it. Pneumonia is triggered by a major upset in an individual's life. The patient's generalized fever may indicate anger toward spiritual inspiration or guidance. Each breath brings painful sensations (denials). The patient may experience chills (refusal to be in the present moment; desire to escape from life experiences). A persistent cough

may indicate rejection of guidance, ideas, or life situations that trigger the disease process. Local inflammation quickly develops in the affected part of the lung, and pneumonia takes hold.

When any person experiences a specific event as disturbing (for example, a small cut or scratch), the body responds by producing local substances, which increase and speed up its natural healing process. In the case of pneumonia, this increased substance flow (increased permeability) allows fluids (emotions) to flood the *pulmonary alveoli* (the small sacs that make up the lungs). The liquid content of these sacs is then changed by the help of enzymes into a solid substance.

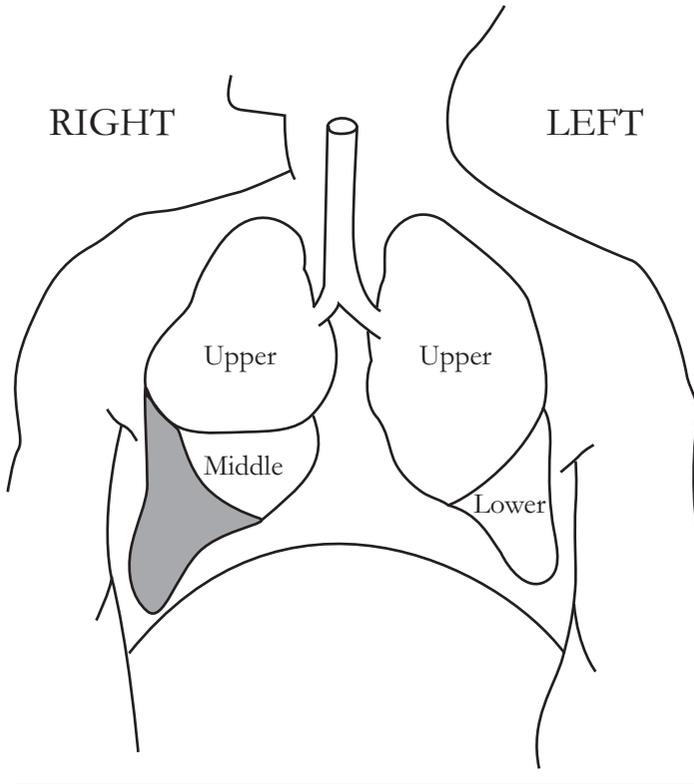


Figure 23:
Consolidation of Right Lower Lobe in Typical Pneumonia

The affected part of the lung becomes full of solid matter, which prevents oxygen from reaching the site. The fact that these fluids solidify into solid physical matter signifies that the corresponding emotional issues desperately want to be addressed and are becoming more and more prevalent in order to be noticed.

Why does this happen? A pneumonia patient typically has emotions that are demanding attention. Generally, emotions that are not addressed tend to solidify into physical matter, which is a physical mirror of our emotional state. This consolidation in the lung that we encounter in pneumonia has symbolic implications. For example, if oxygen cannot reach the right lower lobe, this affliction may be considered as a symbolic refusal to accept the masculine or logical part of a physical problem (see **Figure 23**).

Pneumonia usually resolves in a matter of days because the symbolic cause is acute. Patients either resolve their issues and start to breathe again or subconsciously choose to move on and die. Remember, though, that these patients are not victims! According to our symbolic theory, all aspects of our environment, including bacteria and viruses, are nothing more than symbolic reflections of our attitudes, be they external or internal. From this perspective, even aggressive bacteria can help us understand what is going on. All we need to do is be open to their message, as you learned earlier on in this book.

Pneumonia Example: Bob

Let us consider Bob, thirty-six, a hard worker, but earning just enough to make ends meet. He is now working overtime and weekends, hoping to get ahead financially.

Bob was married once and has three children. His wife left him three years ago, taking two of the children with her. Bob still has Nicky, a sweet six-year-old boy. They get along well, but it is hard for Bob to raise Nicky the way he would like to. Bob works more and more hours while

Nicky spends most of his time in daycare. However, Bob is determined not to give up, even under extreme pressure and responsibility.

Things go well until one unfortunate day when little Nicky breaks his leg and is forced to stay home from school. Bob has to spend more time with him in order to look after him, but he is also facing medical bills. The logical solution seems to be to work even harder in order to earn the wages to pay the bills.

Very soon, Bob's overwhelmed body reaches a limit; he responds by feeling extremely tired and coughing. Soon, another element adds to this inner conflict of having to work hard versus wanting to be with Nicky. Nicky's mother hears about the situation and files a lawsuit to take Nicky away from Bob.

For poor Bob, this is the straw that breaks the camel's back. Bob feels exhausted and desperate; it seems as though the entire world is against him. He develops fever (anger) and chills (he symbolically wants to escape the situation). Bob subconsciously stops breathing with the lower part of his right lung (though he refuses to understand the reasoning behind this specific, physical situation). His breathing becomes rapid and shallow (he refuses to fully accept life the way it is). Soon after this happens, Bob develops pain (denial) when breathing in that lower right area of his lungs.

Bob coughs vigorously, bringing up rusty colored (blood tinged) sputum. (Symbolically, emotions and joy of life are being rejected.) He grunts with each exhalation (a deep sound correlated with difficulties in letting go). Bob's lips and nails turn blue - a symbolic inability to handle a situation (nails) and express himself (lips).

The difficulty with self-expression is further symbolized by an eruption (cold sores) on the corner of his mouth. He is being invaded by thoughts and words that need to erupt but have been denied; as a result,

they are being perceived as painful. Bob feels angry and overloaded at having to process all these events at once, so his liver starts to overwork. Fluids (emotions) flood his lower right lung.

These emotions begin to consolidate in his lungs (they become a threatening physical reality for Bob). The involved part of the lung turns gray in color. Remember, we learned that gray symbolically implies that Bob does not want to be involved in these experiences. Strands of fibrin (symbolic of solid, rigid consequences), leukocytes (acute spiritual help), and red blood cells (vitality, small amounts of oxygen) leak into the affected area.

Numerous bacteria are also present, highly representative of Bob's emotional experience. These bacteria (*Pneumococci*) are lancet shaped with a thick capsule around them. They are arranged in groups of two (see **Figure 24**).

Nicky is the only thing left worth living for Bob, and he is building a thick, symbolic wall around them; it seems that he is now fighting an important, life or death fight: him and Nicky against the whole world. They are fighting an external condition with a symbolic lancet shape. This behavior (bacteria) consumes Bob's vitality (hemolysis or consumed and destroyed blood is present around that area). This particular species of bacteria is part of our normal bacterial population, but they occur in milder conditions and lack the "desperate" wall around them. Under normal circumstances, these bacteria symbolize Bob's care of Nicky (or anybody else), but this has now been intensified into an extreme defense reaction.

Bob is very sick for three days in a row. His ex-wife visits him at the hospital. She becomes impressed by his suffering and decides to help Bob and Nicky as best she can. Touched by their bond and struggles, she finally decides not to pursue with her lawsuit.

The next day, as if by a miracle, Bob finds himself breathing better and starts to recover. Bacteria are eliminated one by one as the healing process takes over. In fact, as the defensive behavior disappears, bacteria symbolically lose their walls and are eaten away by various cells until they have disappeared from the lungs. The new sensation of freedom is sudden, and in a matter of hours, Bob feels much better. He starts to breathe again with his right lower lung. The consolidation disappears, his fever subsides, and Bob is on his way to recovery.

The Pneumonia is soon a past memory.

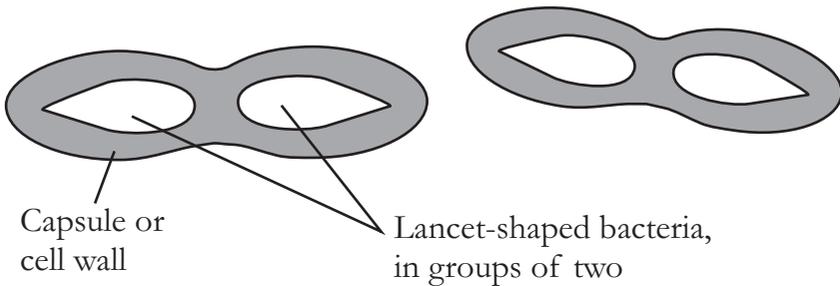


Figure 24:
Bacteria Present in Lungs Symbolically Mirrors Behavior

A new level of acceptance and gratitude has come into Bob's life. The joy of everyday living, the inspiration of his son, and the acceptance of everyday experiences give a new meaning for Bob's life.

Bob's story and others like it are repeated every day, thousands of times over. You may be experiencing something like this in your own life right now. Each one has its own particular details and problems. Each one is cry for a new awareness. In many cases, this new awareness comes to the forefront of our daily experiences, opening new horizons and possibilities. If this happens, the illness fulfills its purpose and leaves peacefully.

HOW DEEP CAN WE GO?

You may ask and justly so: How do I make sense of an illness and understand my symptoms? It is not my intention in this book to go in great detail into the algorithm of how to completely interpret a very personal illness and their symptoms in every little detail.

Interpretations involve a great understanding of the general meaning of a particular medical problem, then analyzing and adapting the personal aspects of an illness to a particular person. In general, symptoms are not exactly the same even for the same illness. The location, degree and intensity of pain, for example may vary and unusual details of a symptom may be present.

All of this adaptation of the general meaning to a particular person involves much individual work and depends heavily on knowledge and experience. This kind of work is more experiential and consequently is more appropriate for a workshop setting.

In time, you may become an expert interpreting the general meaning and become more and more skilled in examining rare personal symptoms. Once you were successful several times, your confidence and ability will increase. It will get easier and easier.

My purpose in this book is to give you, the reader, a general understanding and a formula by which you can discover your own personal truth and explore your own personal reality as far as you are

willing to go. My goal is not to symbolically explain everything, every illness and symptom, every little human idea, condition or concept. My goal, instead, is to teach you a principle, an ancient, time honored, guideline for you to use. I want you to understand how you can apply these principles on your own. My intention is to teach you the principles, the basic ideas and then leave it for you to perfect details later. In other words I want to teach you how to fish instead of giving you every fish available to me.

As you become well, even as you become better, in your mind, give thanks for the illness presence in your life and then release it, let it go. Stop obsessing about it. Ask that the life lessons be clear, so you can own the way you created the health issues and the how and why you needed them in your life. Then totally release them from your energy field by setting an intention for it to happen.

This book was written for open-minded individuals. We will definitely find skeptics or cynics in all fields of life. However, trying to open the mind of a skeptic is a failed proposition from the start. In general, as we start explaining any truth from a higher and higher level, the more we approach higher, more spiritual levels of that truth, the more skeptics we usually find and encounter on the way. Resistance and debate grows exponentially the closer we get to discussing more spiritual levels of truth.

Our mind is a miraculous healing machine. You can create and insert into your mind whatever you want to create. For just five minutes every day you may hold within your mind only thoughts of health, vitality, strength and gratitude. The process is even more effective if you focus on one thought only and really feel, vibrate and experience it for five minutes as if it is real. The subconscious mind does not know the difference between real and imaginary. Soon your health may change. The secret is to do it daily. Do it because this is your life and not a simulation or a practice run. You get what you subconsciously believe,

expect and vibrate. Beginning something is half done. Start now, as now is always the point of power.

It is my hope that you and many others will become more and more receptive to these symbolic messages and listen to your inner healing desire.

**Healing takes place from within the self
by changing one's belief structure.**

CONCEPTS

There are several concepts that I want you to understand about the content of this book:

1 This book is based on universal concepts that work all the time even if we deny it, ignore it or don't like it.

2 Chances are you did not agree that the symbolic concept applies to you and that is because of your own personal "filters".

3 These personal filters and denials is exactly why we are in the health or life situation that we are in.

4 The symbolic mirroring concept is an extension of the universal truth that says: "As above so below". This truth when applied to health and the body it becomes: "As outside, so inside!"

5 In order to solve any (health) problem you first need to be aware of it! Awareness re-establishes a new perspective and helps finds the solution that solves the problem from a different (higher) level than the one that produced the problem.

6 Everything in life follows universal laws whether we like it or not. Health, finances, relationships, happiness and everything we are used to say are random are in fact not random. They all have laws, however we are not always aware of them. Choose awareness! Awareness is power.

7 Symptoms and illness carry a message. Learn to understand this message by reading this book. The message is similar to a precise GPS signal that is constantly updating you of your health position, constantly showing you where you are (health) positioned right now.

8 Once you understand the health GPS message, you may attempt to change your health position according to your goals and desires. The GPS will then show you a different position and send you a different message that may be closer or further from the first message it gave you - depending on your position and situation in life. If you are “home safe” it will tell you so by a lack of health problems or symptoms.

9 Life always mirrors your beliefs, emotions, thoughts, etc in a symbolic form whether sick or healthy. The health GPS always works and shows you a position even if healthy.

10 In order to get from point A to point B you need to figure where you are (A) in order to know what direction to take in order to reach point B. And so it is with health.

11 In this book I am guiding you how to read this health GPS, figure your point A and how point B may look like. How you get to point B is your choice and there are many ways you can use to arrive there. To get to point B is also a matter of being open and of having the sustained, correct intention and alignment to arrive there. This book is all about awareness of point A and B. Many volumes were written about the ways to get to point B but very few were written about the awareness of why you are in point A.

12 In order for you to understand that symbolic mirroring is universal there are many conditions described in this book even going so far as to explain cellular functioning.

13 You will discover why people get sick, and also the answer to why do they become sick when they do.

14 You will be empowered once you deeply understand the content of this book! Because symbols bypass the intellect and emotions and go deeper to your power centers you will grow in awareness.

AFTERWORD

This book is an opportunity for self-discovery, intended to help you connect with a deeper level within yourself. This deeper level is a place of great wisdom and healing power in all of us.

You will take from this book whatever you need on your path. You may read and be interested in two lines, three chapters, or the whole book. Trust that what doesn't resonate with you is not for your best unfoldment in the way your higher self has designed it. You might find it helpful to pay special attention to what stirs or challenges you. Observe your reactions and notice any resistance. There, in the resistance, you might find the key to your unique truth.

As you discover your own unique truth, trust also that truth is always expanding. Allow yourself to grow. Trust that scientific research is not advanced enough to prove everything, because science innocently mirrors the present focus of society.

When the focus or the color of our collective eyeglasses changes, the scientific reality will change accordingly. It may take 200 years to prove all these concepts, and it will happen only if we collectively accept them. However, this does not make the symbolic approach less valid.

These principles are ancient wisdom applied to health. It always works, even when we think it doesn't.

The only way to understand anything new is by allowing a new concept to connect with you on a sincere, deep level. If you do this, you will take the first step toward connecting with your deeper, multidimensional self. In fact, everything around you is just a small mirror of this multidimensional self.

This book was designed to help you to understand the process of disease on a deeper level. The symbolic method applied in this book is valid for any disease or challenge that you may encounter. Just take your time to reconnect with yourself and analyze each aspect systematically.

Notice also that no attempts were made in this book to cover treatments or healing techniques, though these may be offered in other books to come. There is no better way to healing (or indeed to anything), because solutions to health problems are unique and personal. This is why I believe quick tips are to be avoided. Everything is ultimately up to YOU. Only YOU have the answers – and I mean ALL of the answers, my friend! The time has come to allow the answers to speak; all you need to do is ask and listen.

Last but not least, let's remember that disease symbolism in this book has general validity. A personal perspective and interpretation is not only recommended, but necessary in each personal case. You must become aware of the symbols that exist in and around yourself.

Once again, I express my acknowledgment and respect to all beings and wish you fun and delight in healing yourself.

Remember... when your focus changes, so will your reality!

Live healthy, happy, and aware!

Dr. Calin V. Pop, MD

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Part I – *Searching for Light*; Carol Heidemann (p. 198).

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SYMBOL INTERPRETATION

Personal Interpretations of Some of this Book's Symbols (limited to one or several meanings)

A:

Abdomen: primal force, basic instincts.

Abscess: contained anger & destruction.

Accidents: rebellion, hurting inside.

Acne: occasional dislike, anger about self-image.

Adrenal glands: being involved, caring, and persevering.

Air: mental element and qualities.

Anemia: lack of joy and vitality.

Anger: upset about an unexpected outcome.

Ankles: stability and support, flexibility of direction in new activities.

Anorexia: rejection of life experiences.

Antibodies: elements of defense.

Arms: left arm: love.

right arm: wisdom.

Arteries: pathways of life.

Arthritis: criticism, inflexibility.

Atherosclerosis: narrow ways of life, rigid ways of being.

Assimilation: acceptance.

Asthma: rejection of physicality.

Autonomic neuropathy: relationship issues .

B:

Back: receptivity, support, the past. **lower back:** (sacred) support.

Back problems: lack of support and receptivity.

Backside headaches: denial of the process of acknowledging
what we see.

Bacteria: primitive, defensive elements that mirror our behavior.

Belching: rejection of mental and emotional experiences.

Bladder: emotional control, holding on.

Bladder problems: holding on to emotions.

Bleeding: leaking of joy.

Blood: joy, vitality, nourishment, vital force.

Blood problems: lack of satisfaction or enjoyment.

Blood congestion: emotional hang-up, stagnation of joy.

Bones: stability, firmness, divine support structures.

Bowel problems: difficulty of letting go.

Brain: control, coordination, administrative center.

Breasts: caring, nurturing focus.

Breast problems: problems with nurturing, nourishment.

Breath: ability to expand, take in, live.

Bursitis: anger toward a possibility.

C:

Cancer: being out of control.

Cancerous cells: thoughts of resentment that are out of control.

Cell (normal): normal thought pattern, way of life.

Children: symbolic creations.

Chills: desire to shake off an experience.

Chocolate: indulgence, pleasure, physical sex.

Circle: unmanifest, infinite potential.

Cold: feeling overwhelmed by stress.

Colitis: anger toward letting go.

Colon: issues of elimination, letting go.

Colors: red: physical energy, dynamism, will, action, vital force;

red/ orange: sexual energy;

yellow: expansion, intellect, active intelligence;

green: balancing, healing, growth;

blue: expression, teaching, love, wisdom;

violet/indigo: profound spirituality, transformation;

gray: noninvolvement, neutrality;

black: regeneration, non participation;

white: truth, oneness;

silver: communication;

gold: divinity, Christ consciousness.

Coma: wanting to pass away.

Confusion: refusal to accept and focus.

Connective tissue: active use of divine plan.

Constipation: reluctance to give away, hard to let go.

Coronary thrombosis: blockage of love and joy.

Coughing: rejecting a message.

Cramps: holding, denying.

Craving: signal for a need of balance.

Cysts: trapped emotions.

D:

Deep breathing: acceptance.

Depression: extreme perception of victimhood.

Diabetes: refusal to accept sweetness.

Digestion: assimilation of life experiences.

Diarrhea: running from an emotion, letting go easily.

Dizziness: refusal to focus.

DNA: symbolic blueprint of our destiny.

Downward: stability, strength, support.

E:

Ears: capacity to listen and surrender.

Ear problems: resistance to emotional messages.

Edema: emotional clinging.

Elbows: flexibility in giving.

Emphysema: belief that not much can change.

Enzymes: catalysts of change.

Epilepsy: rejection of life.

Eczema: anger at being seen.

Eyes: insight, capacity to see connections.

Eye problems: refusal to see harmony.

F:

Face: symbolic of facing issues.

Fainting: refusal of an experience.

Fat: protection, insulation.

Fatigue: refusal to participate, to follow true path.

Feet: foundation, basic beliefs, balance, support, understanding.

Feet problems: hurt while stepping forward in life.

Fear: issue with control and letting go.

Female problems: refusing feminine issues.

Feminine: receptivity, intuition, creation.

Fever: generalized anger.

Fingernails: growing focus.

Fingers: focus, details of how issues are handled;

thumb: stomach/ spleen/ pancreas;

index: lungs/large intestine;

middle: liver/gallbladder;

ring: kidney/bladder;

pinky: heart/small intestine.

Fire: spiritual spark.

Focusing: converging of energy.

Food: symbolic of life experiences.

Forehead: foresight, vision.

Fractures: crashing of support structures.

Front: future, qualities of giving.

G:

Gallbladder: balanced timing and planning of actions, discrimination and discernment.

Gas/air: mental element.

Gastritis: anger toward acceptance.

Glands: production of emotions.

Gonads: sexual identity.

H:

Hair: thoughts.

Hands: handling, dealing, taking in, grasping.

Head: control, coordination, truth.

Headaches: confrontations, denial of control issues.

Hearing problems: resistance to emotional messages.

Heart: receiver and transmitter of love & joy.

Heart attack: refusal to (give) love.

Hemorrhage: leaking of joy & vitality.

Hepatitis: anger toward processing.

High blood pressure: high emotional pressure.

Hips: acceptance & flexibility, connecting divine guidance
with individual path.

Hip problems: problems with assimilation/elimination.

Hydrogen: mental element.

Hypertension: refusal to address a conflict, refuge in “busy”-ness.

I:

Ice cream: need to cool down sweet cravings.

Illness: communication being forced.

Imagination: awareness focused on different realities.

Immune system: enthusiasm for life.

Infection: anger, defensive behavior.

Inflammation: anger

Intestines:

large intestine: preparation for letting go, giving;

small intestine: analysis, discrimination.

J:

Joints: flexibility.

Joint capsules: physical limits of symbolic movement.

Joint problems: lack of flexibility .

K:

Kidneys: filters of the emotional flow of life.

Kidney problems: rejection of the flow, deep fear.

Knees: humility, flexibility toward divine will, detachment, letting go.

L:

Laryngitis: anger at one's speech & self-expression.

Left side: feminine, qualities of receptivity, creativity, intuition.

Legs (lower extremities including hip joint):

left leg: goodness, virtue;

right leg: justice.

Liquid: emotional element.

Liver: organ of purification, action, processing, integration.

Liver problems: refusal to process, act.

Love: unity, connection, harmony, God.

Lungs: freedom, rhythm, harmony, taking in life.

Lymph problems: deep need to cleanse the system of
emotional and mental toxins.

M:

Masculine: giving, logical, constructive.

Migraines: resistance to an experience.

Motor neuropathy: (perception of) feeling out of control.

Mouth: taking in nourishment, acceptance.

Muscles: actions, mobility, activity.

Myopia: refusal to see far in the future.

N:

Nails: aggression.

Nausea: rejection of the physical experience.

Neck: connecting link with creative manifestation.

Neck problems: lack of mental expressive flexibility.

Nerves: controlling mechanisms.

Nose: pride.

Numbers:

0: infinite knowledge & mental potential;

1: unity, individuality, beginning;

2: duality, multiplicity, feminine, cooperation;

3: trinity, masculine, energetic, active, self-expression;

- 4: practicality, organization, materialization;
- 5: life experiences, freedom;
- 6: responsibility, work, service;
- 7: wisdom;
- 8: accomplishments;
- 9: compassion, humanitarianism;
- 10: union of individuality with infinity, path to God;
- 11: inspiration;
- 12: completion;
- 22: universality.

Numbness: refusal to feel.

O:

Obesity: self-protection and insulation.

Osteoarthritis: criticism, stiffness, narrow standards.

Osteophytes: physical restrictions of freedom and choices.

Ovaries: divine possibilities.

Oxygen: spiritual force, spark of life.

P:

Pain: refusal, denial of an experience.

Pancreas: deep acceptance of life events.

Pink: love.

Pituitary: coordination.

Pneumonia: desperate refusal to live.

Prostate problems: sexual regrets, sexual issues of letting go.

Proteins: building blocks.

R:

Right side: masculine qualities of giving, logic, construction.

Right thumb: logic, intellect.

RNA: our way of carrying out our destiny.

S:

Sacral area: creation, sex.

Secretions: emotional reactions.

Sensory neuropathy: refusal to feel.

Short, sharp pain: short, sharp denial.

Shoulders: flexibility, processing, transformations.

Skin: facade, delineations, contact.

Skin problems: issues with self-image.

Slipped disc: slipped support condition.

Small intestines: acceptance of physical experiences.

Smoking: hiding behind a smoke screen.

Solar plexus: emotional center.

Solid: physical.

Sore throat: anger for not expressing oneself.

Spinal column: fundamental support, belief system.

Sprains: anger, reactions toward outrageous movements.

Spring: new beginnings, building up.

Stiffness: rigid philosophy and lifestyle.

Stomach: acceptance, assimilation, receptivity.

Stomach problems: difficulty accepting nourishment and life,
unwillingness to accept conflict.

Stroke: lack of joy, blockage of normal functions.

Stuffy nose: reaction to an overwhelming life experience.

Sugars and sweets: sweetness in life.

Swallowing: accepting new experiences.

T:

Taste: symbolic pre-digestion.

Thorax: spiritual force.

Throat: communication, expression.

Throat problems: problems with expression.

Thymus: innocence, enjoyment.

Thyroid: rhythm and balance, creative control.

Toes: specific focus within core beliefs, specific beliefs.

Tongue: expression, speech.

Tuberculosis: reaction to a belief of having to live in confined conditions.

U:

Ulcers: refusal to accept a loss.

Upward: opening, expressing, communicating.

Uterus: home, nurturing, mother.

V:

Vanilla: family.

Vertebrae:

C6: ability to feel gratitude;

C7: ability to think logically;

L₅-S₁: where physicality meets sacredness.

Viruses: thought patterns.

Vision: physical reflection of beliefs.

Vitamins: catalysts of different processes;

Vitamin A: purification, protection, beliefs;

Vitamin B₁: assertion of one's unique, individual existence;

Vitamin B₂: the way we process and duplicate;

Vitamin B₆: the way we handle situations;

Vitamin B₁₂: completion of a spiritual path;

Vitamin C: genuine joy, acceptance of a way of being;

Vitamin D: deep support of one's beliefs;

Vitamin E: acceptance of life, change, staying young.

W:

Water: emotions.

White: truth, oneness.

Worry: trying to accept something over & over.

Wind: action, movement.

Wrists: flexibility, acceptance.

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If you have suggestions, want to hear from us
 in the future, or would like to be placed on a mailing list
 for future events, workshops, seminars, newsletters, books, or clubs
 related to this subject, please contact us by email at:
vitaminshealthcare@gmail.com

Readers interested in obtaining further information on the subject matter of this book are invited to correspond with the author by e mailing at **vitaminshealthcare@gmail.com** and requesting to be included in the mailing list and be advised by future events.

The author is committed to great efforts to support and guide all individuals interested in further pursuing this kind of knowledge as well as individuals in their health needs.

Dr. Pop will have events and seminars dedicated to the book subject as well as periodic webinars or teleseminars. Further information about future events and updated information in the healthcare arena as well as the possibility to ask questions directly to Dr. Pop will be offered to all individuals on the mailing list.

The author objective is to create a community of health aware individuals who are able and willing to carry the message of this book further and thus make a great difference in the lives of the ones they touch.

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There are not too many good multiple supplements on the market. Most multiple “vitamins and minerals” are designed by a “chemist” or “formulator” by reading a book about what is a “Recommended Daily Amount” (RDA) of ingredients.

For many years I noticed that study after study - small but relevant studies - show that there are a significant percentage of the population that in order to see great result from a specific vitamin or other ingredient, they need a much higher dose of that ingredient, a lot higher than the so called “optimal” dose. Many individuals are already deficient in some vitamin or other element or needs higher amounts daily because their metabolism and genetic patterns requires high doses. These higher amounts of ingredients would help individuals that naturally require higher amounts. Some require higher doses of B6, some higher doses of B12 or other element. When you realize that for each element there is a 5-25% or more of the population that needs higher amounts, then what are the chances that someone may need higher amounts of any one out of 45 ingredients present in Expert Health XS2. It is Virtually 100%. EVERYONE!! By compiling these dosages shown in medical studies that made a difference, I formulated Expert Health XS2.

Nutrient deficiencies are extremely common, in fact 90% of the population are deficient and 50% of those are already taking supplements. Higher doses are also beneficial to create a gradient, a concentration difference between the circulating blood level and the inside of the cell. The law of osmosis says that

the higher the concentration outside the cell the easier and faster nutrients enter the cell. The gradient is important and for the gradient to exist, a high concentration of nutrients is going to stay outside the cell and, yes, it will be eliminated in the urine. However once the mission was accomplished - and a high amount of supplements entered the cells due to the high gradient - there is no problem having an “expensive urine” as some so called “experts” and supplement adversaries claim. The expensive urine was really helpful after all. These “experts” are scared as they feel the vitamins and supplements at high doses may have therapeutic effects that compete with pharmaceuticals.

When I looked for a very high potency product on the market I could not find it because the commercial trend is to provide a multi that is “Complete” - that is “A to Z”. However, if you provide all A to Z ingredients you have to include several very bulky ingredients that will not let you have enough space to maximize or increase the amounts of the elements that are not bulky unless you want to have something like ... 22 pills a day. What we did - we took the bulky elements out and maximized the concentration of all other ingredients, 2-2000 times of RDA occasionally, on average 3-4-7 times the so called “optimal” doses. Those amounts are known to make an impact even in people that have trouble metabolizing them. There are small amounts of bulky elements too, enough to give cardio and kidney protection, etc.

Expert Health XS2 is designed by a Medical Doctor based on what he recommends and monitors in his practice daily for the last 15 years. These patients are seeing results and they get better.

Most high dose multiple supplements out there are vitamins and minerals only. They do not include high amounts of adaptogens, amino acids, herbal modulators - ours does. They do not add high amounts of glutathione precursors and mitochondrial help like CoQ10 - ours does. They do not have hormone balancers - breast and prostate cancer preventors -ours does, they do not add high amounts of adrenal and fatigue support enough to make a difference - ours does - and the list goes on and on!

One may say - well, I can take 10 GNC potent multi nutrients and have the same results - No you can't as some ingredients in their formula are already maxed out - very few are maxed out indeed, but some are - so you can not take 10 doses a day of an already maxed out mineral and be healthy.

Just one example: The vitamin B12 - included in Expert Health XS2 is Methyl cobalamin - the most expensive kind - the kind that crosses into the brain and is many more times more active than the regular cyan based B12. Methylcobalamin has Alzheimer, memory and brain protection properties and delivers methyl factors - for cancer and cardiovascular protection. A single bottle of this kind of B12 sells retail for \$25-\$32.00 and has 5 mg daily. Ours is 2 mg daily and is included. Do the math - I could say that a significant proportion of the price of Expert Health XS2 is covered just by the B12 - the rest you may consider bonuses.

Ingredients in expert Health XS2 are pricey. CoQ10 is 30 mg. There are bottles for sale of 30 mg CoQ10 in health food stores. And stores sell bottles of 400 mcg of folic acid -we have 3,000 - it's all included. And the list goes on and on again!!

All these reasons make me say that Expert Health XS2 is the Most Powerful Nutritional Supplement EVER!

It is important to note that Financially Expert Health XS2 NOT for everyone. We are catering to the HIGH END, to the TOP of the industry niche. This is a Ferrari sold at the price of a Mercedes. We are not competing on price. The price of XS2 is a FANTASTIC deal, but is not inexpensive. Expert Health XS2 is for customers who want "the best of the best" in nutritional supplements.

Don't be fooled by verbal fluff and nice words like: "great quality" or words like: better "absorbtion" - quality and good absorbtion is a given in a good multi. Even if you take 10% extra to offset some absorbtion issues you are still far away from the amount that really makes a difference. QUANTITY IS

IMPORTANT - this is what everyone is MISSING. Even though some manufacturers want to go higher in quantities, they do not know how to balance the quantities of different ingredients because they have no clinical experience, so they become easily scared by the misinformation in the media and as a result they “go by the book” with quantities that are ridiculously low.

There are tons of misinformation in the supplements field floating around, some of them launched deliberately to confuse the public, some with absolute no connection to reality, some more or less true. Most formulators are scared to push the limits.

I know what's safe because of years of hands on experience - others do not have that. Some people will say things that are not true about supplements, however when challenged to prove and back up their statements they can not prove what they say. If you listen to the scared ones you are lost.

Expert Health XS2 Nutritional Supplements is different from other products because Expert Health XS2 IS the most powerful - by far the highest impact dose of ingredients on the market available today. I call it the ‘Ferrari’ of supplements, and “The Cure” for the washed down supplements. AGAIN, no one has a daily multi -supplement out there with HIGH amounts of 45 or more BALANCED ingredients worth OVER 300\$ and good for heart, kidney, cancer, memory, sports, etc -all in the same time.

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