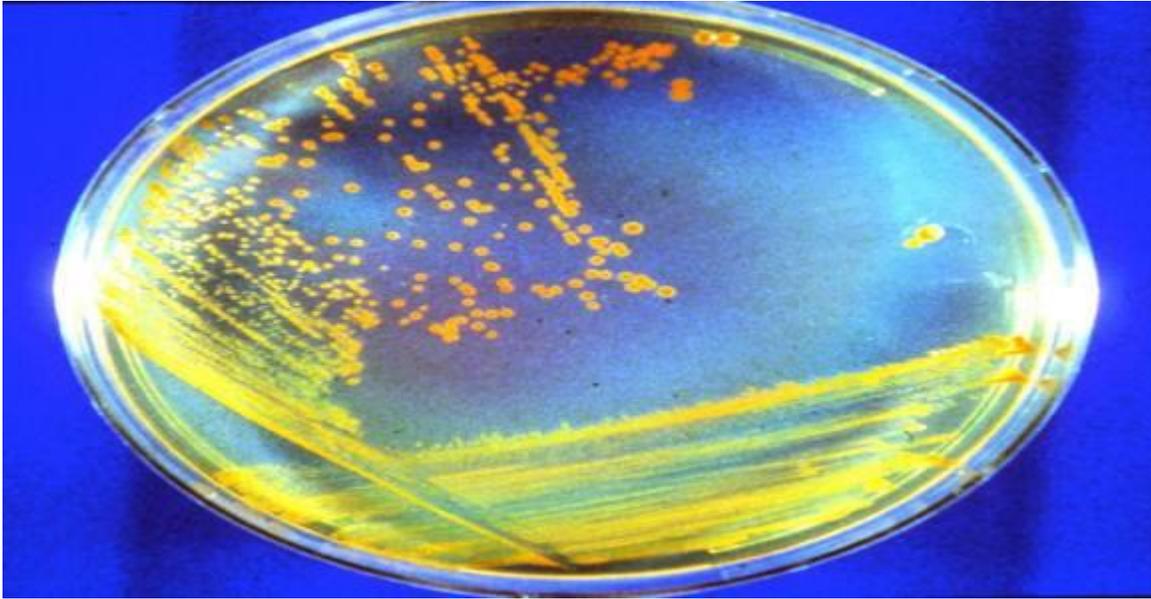


# Illness: a message from the higher self



At long last, everyone is seeing the change that is taking place in the world. Unfortunately, most only see a move to chaos and destruction. This seeming chaos is the bringing to the surface of all that has been hidden.

As the impetus for change continues to accelerate, situations which have been long hidden and unknown are coming to light in order that they can be dealt with and cleared. Much of what was accepted or hidden in the past is becoming public knowledge and those responsible are paying the political or legal price for their actions.

What we are seeing is the removal of the old as we usher in the new. If we begin to renovate our houses, we must first demolish all that is worn out and unwanted in order to make way for the fresh and the new.

Nobody is immune from this work of restoration. All past problems – personal as well as global – must be brought to light and cleared so that there is the space to propagate and nurture the new. As we approach a new year, the speed of demolition must increase as we are a little behind in our work. Do not despair if your world, or the world at large, looks like it is crashing around your ears. This is only to remove the old and, once demolition is complete, our new futures will begin to unfold in all the glory of the beings of full consciousness we are becoming.

So have courage, always ask questions.... and make sure the bottle of ‘Rescue Remedy’ is to hand.

Everyone who is undergoing change is asking questions. This is one of the questions my wife Di and I are most asked by our clients or those who attend our talks.

*Q. Are all illnesses governed by our genes (DNA) and therefore pre-programmed as the medical profession often insists?*

*A.* A very emphatic *No*. Illness arises from the emotions we express, or do not express, in the situations we encounter in life.

Our experiences in life are guided by our higher elements of consciousness – the ‘Higher Self’ or HS for short. If we do not quite meet the expectations of our HS, stray off our path, the HS communicates this to us by

accentuating the accumulation of emotions we have stored away by not expressing ourselves as fully as we should have done.

The best guide to which aspects of our lives we have not fully dealt with are the concentrations of consciousness (soul) energy within the body which we have come to know as the 'chakras'. Understanding the aspects of life that each chakra works with and the organs associated with each of the seven chakras, is an infallible guide to which area, or areas, of our life we need to pay closer attention to – to bring ourselves back onto our path.

Even doctors and scientists are gradually realising that every cell in the body responds to our expressions of emotion and it is how much emotion contained within a bodily organ that determines how efficiently that organ functions and, consequently, our state of health. It is these emotions and not our DNA that lead this process.

However, DNA does have a role to play. To build the body in the womb requires about twenty-five percent of the gene sequences in our DNA. Once born, we need about three percent of our DNA to grow and develop. All the rest of our DNA is memory. Seventy-five percent of DNA is memories of past lives and, once we have left the womb, twenty-two of the twenty-five percent used to build the baby's body changes to storing the experiences gained during our current life.

Also, as we undergo change, our DNA is expanding. Over the past twenty-five years, there has been talk of many children being born with an additional four or five strands of DNA that activate at birth (in addition to the usual two). These are the so-called 'Indigo' or 'Star' children. The extra DNA represents more memory contained within the body and gives these children their 'advanced' capabilities. Our full compliment of DNA will eventually be thirteen strands to the helix. The same is true for adults. The more 'demolition' work we do – the more we clear out – the more DNA we build as the Higher Self downloads more of itself into the body.

The next few years may well be traumatic and we need to put these future events into perspective – they are symptoms of change. The more we accept and work with these changes, the faster we will catch up with our children.

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