

Profile

Unconditional Community Consciousness

10 October 2007



SYMBOLIC MEANING OF ILLNESS

In the healing of physical symptoms that I do with many of you, it's very

Hello again Everyone!

As I write the cooler breezes of autumn are starting to fan our little island, giving respite from the summer heat. We are waiting for the rains, very welcome this year with our reservoirs at much less than 20% of capacity. I hope they come soon, we need them.

Many of us have already reconnected together at the Centre here in Paphos or at Emilie's place in Nicosia - or indeed through the telephone, webcam and email - and the Work that has been coming through has been gentle yet extremely powerful. I feel immensely privileged to have been witness to the very many different choices being made to move forward in terms of healing, self awareness and spiritual growth.

We will be holding our first gathering of this season here at the Centre this coming Saturday evening in the form of a meditation. News of this has already been sent out

important to me that we take into account what each illness, pain or dis-ease represents. Acceptance of this into resolution brings permanent healing to an individual, otherwise the seed will remain somewhere in our bodies, to manifest further, perhaps in a different way, another day.

I say different bodies because, of course, we are more than our physical body. In fact, to be absolutely accurate, we are *one* body, not several. We are different energetic frequencies depending on whether we are talking about our emotional body, our mental body or the different parts of our physical body. For instance, the energetic frequency of our liver is very different to that of our blood, which is different again from those in our bones, or muscles, or saliva, and so on etc.

In terms of our emotions, the energetic frequency of joy within our body is different again from any of the above, and differs resonance to any anger or rage we might hold within, as well as to grief, to bitterness, to self-pity, to jealousy, to depression and so on.

Our mental constructs are of varying frequencies as well, with the more uplifting beliefs being of a higher resonance than those more negative ones.

Anyone who is quiet for a moment is able to feel these energies within themselves, whether they are blocked in any way and, if they wish, can also change the energetic frequency to facilitate healing. Problem is that few people believe that they can do this. So they don't, because of this self-denial.

As I've mentioned in an earlier issue of Profile, everything in our world are component parts of everything else, and as such are designed *to live and work* together in harmony. This includes the different parts of our bodies which are component parts of our Selves as we as individuals are again a component part of something altogether much bigger. And so on.

When everything is working together, the whole body is like an orchestra, playing together in harmony. If there is dis-chord in any one part of the body, where-ever that might be, pain, illness or dis-stress results. They are calling attention to themselves so that causive issues can be resolved. Once this is done, the body usually heals itself and can quickly return to full health.

to those of you here in Cyprus. Reminder details are below.

With the energies so powerful on our Earth these months, all of us are transitioning, albeit in many different ways. Some of us are preparing to leave this earth, or relationships, or workplaces, countries too and are getting on with things in a matter, of fact way. Some have moved houses, or renovated. To renovate in any case means "to renew" and it a natural law that it must first start at energetic level. I am here to support you in every way as you make your choices and grow. You see, when you make deliberate choices, you will always grow spiritually. Life follows Spirit, not the other way around.

This is what Life is really about, in any case. It is about Conscious Living and Conscious Loving, through conscious choosing and taking responsibility for them, moment-by-moment. It's about knowing ourselves, knowing our choices within ourselves and making them happen. Sincerely, there is no other way.

Anything else is just *stuff*. And a lot of this stuff is rubbish.

So simple, really.

Since my return from Asia at the end of this summer, many of you have asked me how you can integrate your

Of course, it is preferable, according to my thinking, to hold the energies of higher resonance such as joy, fun and laughter within. You would be amazed (well, maybe not) at the number of people who resist this, though. Someone told me several years ago that it is not possible for anyone to make their energies higher-resonance than what (or who) they already are. I find this statement to be inaccurate, as my experience over the years is that once a person feels safe enough to let go of the lower-resonance energies such as fear, anger, anxiety, hate, judgment etc from their consciousnesses, and embrace those of acceptance, joy, love etc, their individual energetic resonance naturally becomes higher.

This Work is not rocket science. Its power is defined by its *simplicity*.

In fact, the whole of Life, or nature, if you prefer to use this word, of which we as individuals are but a tiny cell, is one harmonic scale. As most of us are deeply aware, Mankind is now not only totally out of synchronicity within the rhythm of Nature, we are almost totally out of control in so being, with attendant results that we are seeing in terms of what we are doing *to* (or *in*) our world today.

During the next few weeks we are going to look at the human body and how we can help ourselves heal through understanding, accepting and releasing those issues that might be challenging our wellness in any way. The great thing about this is that when we are willing to do this, we pave the way for others within our communities to so do for themselves as well.

Those who are willing to take a different level of response-ability than others for their own healing will very quickly return themselves to full health. Unfortunately though, for some reason we have allowed ourselves to be taught to give away our personal power - of self-healing in addition to everything else - to other people to "do" for us.

We have allowed ourselves to believe that in order to heal (which most people confuse with "to be cured"), we must either have some sort of injection or surgery, or at the very least we must take some sort of medication into our system to facilitate this.

spiritual lives with your daily lives. You have been telling me that you feel as if you are two people - one in everyday life, and the other when in session with me, at the Centre, or when we have our gatherings, however they are structured.

My response to you all has been the same, and this has been in the form of two questions to ponder for yourselves. These are, "Why do you think you need to be different at all, at any time, to that Who-You-Really-Are? When being centred within ourselves is the most natural thing in the universe, what might it be that might be taking you out of the full-filling moment-by-moment realisation of this?"

For me, there is only one answer to these questions, and that is, well, we *don't* have to be different at all, at any time. We already know who we are, or we are in process of so knowing, and we need have no fear in expressing this to anyone, at any time.

Anything else are games that we are either playing with ourselves, or with the outside world.

When we choose to believe that we might need to be two different people, or allow ourselves out of our (natural) centre, then it might be an idea to take a look at why we are doing this to ourselves. Can it be a need for drama, or perhaps at how we are (usually, are not) taking care of our own needs for ourselves? Or a non-

These of course works very well and there is nothing wrong with this approach. It can be very expensive, though, when costs through the years are totaled. But it needs to be *appropriate*, not as a knee-jerk, quick-fix reaction to a body's natural way to calling attention to personal issues. As well, results are not permanent. Why not? Because the *cause* has not been uncovered, resolved and therefore released from the body.

There is nothing "wrong" with this approach, of course, if it works for you. My question to you, though, is, "How would your life be if you knew why a pain/illness/dis-ease/dis-stress is happening to you? How quickly would it disappear from your life when you have a certain level of awareness and a desire to resolve it?"

The answer I have for you, if you wish to know, is as follows.

It takes a moment for any dis-ease or similar to be released from our lives. The rest of the time is back-tracking, recycling, victimhood, non-believing, non-acceptance of what is being offered, lack of willingness to take all or even partial response-ability for our own healing, and all the rest of it.

Which is fine, of course, if your life is working for you, irrespective.

Let's look now at some likely causes of physical manifestation of dis-ease. For instance, any breakage of bone is usually caused by an initial break in the emotional body. Of course, being made of dense physical matter, once we heal the relevant part of the emotional body, the bone is still broken. In my experience though, it *is* possible to heal a broken bone in "extra-quick" time through the touch, as well as to lessen the potential of scar tissue and assist quick return to maximum flexibility. I know it works because I've done this hundreds of times with people. In any case, the person is able to move much quicker than "usual" because they have moved on within themselves.

Any kind of skin disease such as psoriasis or eczema is often caused by the "sufferer" having an allergic reaction to themselves. In almost every case, the person has very rigid belief systems, sees a glass as always being half-empty rather than as half-full, and sets very high standards for themselves in

acceptance of our inherent ability to think outside of the box in terms of coming to resolution in whatever situation is taking our attention?

I find with a lot of people it is often a mixture of all three of the above.

You know, Life is never, ever about anyone else. It's always about ourselves. We often find it more convenient, or have been taught, to *project* our fears and emotions onto other people, who then reflect these back to us in the experiences we have to deal with as a part of our everyday lives.

How we relate, *why* we relate is always always about us, never about the other party. And *when* to pull the plug from an experience, or relationship - or not - is also about ourselves, not them. And if it *does* come from the other person, exclusively, and we are sure we are absolutely lily-white in our purity of not having triggered anything as a joint experience (unusual), we don't have to *engage*, you know. Then, it remains *their* stuff that we are not buying into and we quickly move on for ourselves.

So with the above in mind, is the question as to why you feel you must be two different people at different times now redundant? Maybe ponder this for a little while, within yourselves, too.

terms of achievement. Unfortunately (for them), they usually move the goalposts so they never reach "there". A no-win situation resulting in them beating themselves up mercilessly. They are also often more than usually sensitive, and take even the smallest comment very personally.

Mental rigidity can also often be seen in RSI (Repetitive Strain Injury), which is why most surgery done to correct this does not work.

It also often affects the spine. Lower back pain is fairly common particularly in middle-aged men because the back symbolises support. Bones represent physical support, emotional strength and stability, and they also represent our individual spiritual support structures as we realise them in our material world. A lot of lower back pain in men typically represent their financial worries/burdens and a distrust in their ability to create a materially-rich and sustainable life for their families.

For women, lower back pain is often a result of a disconnect with their ability to see themselves as *sacred women*: the creatrix, bearer and nurturer of children and the natural nucleus of their families. They are often angry at the responsibilities they 'have to' undertake in this area, and are most of all angry at being "taken for granted". This pain is usually manifested from issues that grow and spread out from the reproductive region for reasons already stated above.

Lower back pain almost always involves issues of control, particularly over the material aspects of Life and everyday living.

Headaches are also very common in western culture and usually come from internal conflict between "taught logic" and the wisdom of the heart. Here, the head represents the intellect, will-power and wisdom, which differs from the wisdom of the heart, which we connect to through our intuition. As we all know, we have been taught as children to deny this part of ourselves, for many different reasons we've already discussed in previous issues of *Profile*.

As well, in my experience with clients with this type of complaint, there exists also a certain amount of self-judgment, particularly in terms of an extremely subtle form of reward/punishment at self. This causes stress, which for them in

And whilst you're at it, here is another question to ponder. "If, for instant, you *do* know and accept every part of yourselves, both from a personality and a spiritual viewpoint, then why would you not express this in every way to your world in your everyday lives?"

Why would you not, indeed?

And if you are not so doing, what a loss to our world this is! Why? Because in the entire world, there is only ONE of you. And this is in itself something to be cherished by us all.

Lots and lots of love from me to you.

And Light. Always.

Anna. Of Cyprus



[More on Anna click here](#)

the most part is kept in the lower part of the skull, with attendant results on the entire head area.

High blood pressure and hyper-tension often co-relates with the high level of pressure we place upon ourselves, particularly in terms of performance. Many of the people with these issues are those who place a value of themselves in terms of *what they are able to achieve*, not *who they are*.

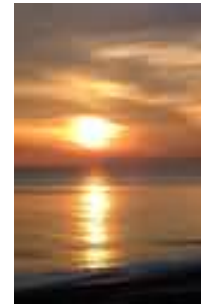
Ulcers, gastritis and other stomach issues often symbolise an individual's incapability to nourish themselves. This usually means *spiritual nourishment*. When this is compromised, so is our acceptance of any kind of nourishment and we feel resentment that our deeper desires are likely not going to be fulfilled. People with these complaints are often very harsh upon themselves in terms of self-judgment.

Everyone is different, of course, and we must not be too hasty to paint everyone with the same brush - we all have different karmic histories, family makeup, are from different cultures, live in different countries and environments and our approaches to our lives and our relationships, both internal and external are also completely different. But it's a good start to a deeper understanding of yourselves, your bodies and therefore your lives.

We'll stop here for now this week. In coming issues of *Profile* we'll take a look at other illnesses and what they might symbolise. I'll also share how I dealt with my own cancer as experienced several years ago.

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OUR DEEPEST FEAR

is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented and fabulous? Actually who are you not to be?

You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

- 1994 Inaugural Speech by Nelson Mandela

[See below article on simple Steps to Heal at Home](#)

SIMPLE STEPS TO HEAL AT HOME



I thought you might wish to try a few simple steps for yourselves at home with your loved ones - or anyone else. I decided to place this article here, under the memorable quote from Nelson Mandela, because of course, we can all do everything if we didn't place any limitations on ourselves.

There are very many different ways to heal through touch as many of you may already know. The energy that I specifically use is that of Unconditional Love. This comes through the heart and because it is the highest form of energy in the universe, all other things must move aside.

If you wish to look at it in a different way, the energy of Unconditional Love is the highest vibration possible in existence. Everything else is made of denser matter and so can be dissolved by this. It's the equivalent of taking a torch and shining it into the darkness - the light comes on, and by its very presence, the darkness must dissipate (it's not rocket science).

Everything in Life, including all of us, is naturally made of Unconditional Love. Love is the basis and form of the Universe, of all worlds and all matter too. All of us, in the centre of our Beings, *are* Unconditional Love. Unfortunately, during the ages, for many different reasons, some of which have been discussed in previous Profiles, we have allowed ourselves to be separated from the Love that we are, and then trying to protect ourselves by a huge crust that hides our own light.

It is this crusted matter that binds us, and through which dense material the expression of our Love is twisted. When twisted, the energies come out as Chaos, which is the state of our world today. Remember, the external world is only a reflection of our inner world.

When we feel safe enough to start removing this crust, we start to show our light. We are all gems inside, all of us - I have never, ever met anyone who is not. Sometimes, though, we allow ourselves to be "hurt" by what others "do to us" and we put back on this "protective layer of crust", but in today's age of increasing awareness, we are finding that the old ways of being and doing are not working for us any more. We are finding that this "protective layer" does not really hide our light, does not really hide us. It suffocates us.

A good way to share our light - or our Love, if you'd like to look at it through a different way - is to give healing through the touch. As I said in the article to the left, everyone can heal; it's just that most of us don't believe that we can. Being unafraid to offer Love through the touch is an

excellent way to heal relationships as well as afflictions of the human body, because few of us touch each other enough in a non-sexual way.

You don't need to know anything about the more technical aspects of healing if you don't wish, you will still get results. For those who might wish to explore more deeply, though, there are many different ways to learn more about how Life really functions through teachers of healing and spiritual growth like myself.

One of the easiest and first things I teach my students is how to balance the hips and shoulders. It's so simple yet it has such far reaching results for the entire spine. Below is a very easy first step process.

1. Stand with your eyes at hip level with your human (!) and place your hands at the top of each hip. You can easily feel them. You will see that often a person has one hip higher than the other. From the way that I view the body, this is one of the main causes of back, knee and neck pain, sciatica, irritable bowel syndrome, miscarriages and so on.
2. Close your eyes and open your heart. Breathe into your hands and just wait for the hips to adjust themselves. They will do so in about three seconds, causing a flow of energy to move, often in the form of heat, down one or both of the legs. Sometimes people feel the energy as being cold, some people feel nothing. Everyone is different. (According to medical science, this is impossible to do. Oh well, never mind. I do it every day.)
3. Turn the person, place your hands on their lower abdomen and lower back for a few moments, and do the same thing. You will often feel the curvature of that part of the spine adjust to a more-natural position that how it typically is for many people.
4. Put your hands on the top of their shoulders and do the same thing there. This will encourage the spine to align again, releasing many different muscles attached to that part which in turn will alleviate slouching and back pain.
5. Put your hands on chest and between shoulder blades and do the same thing.
6. Stand behind the person and place your hands around the back of their heads, again for a few moments. If you place your thumbs around the place where the back of the neck meets the skull, the person will find this most comfortable - and comforting. This will help a lot with tension headaches, eye-strain, insomnia and teeth-grinding when sleeping at night.

The above are very very simple to do - and yet they are so very effective for very many different things, not just those that I've mentioned above. By the way, this work can be done very effectively on animals, fish and plants too!

Another excellent move is to lay the person facing down and run two fingers down the spine from the neck, for about 10 minutes several times a week or as needed. This will help to release emotions caused by stress that are typically placed in these places because we are typically not dealing with them in a healthy way (if at all). They become less when we do this (remember the analogy of the torch shining), because energy

flows more easily and the spine is released too. Works fantastic in cases of curvature of the spine, stress, neck pain, digestive problems and migraines.

I see the body as a hologram rather than as separate parts, so very often I'm not working on that part of the body that initially presents because I see the causive factor to be elsewhere. When we reconnect with our intuitive ability - this is our inner sight - we can remember how to 'see' into the body too in terms of where these blocks are placed, and also 'know' why they are there. Knowledge of this - and interpretation - must be studied and learned, and for me gives fascinating insight into our own Humanity. There's never a dull moment! We can then remove them (permanently) by resolving them, either within ourselves or together with the person we are working with. If not, and you just want to touch, that's wonderful too!

The most important thing I teach, beyond anything else, is not to get attached to the results that can be seen. We are much, much more than what we can see with the physical eye, when we remember how to use the inner eye we can see more - but we never, ever see everything. So we just have to trust that when the Love is there between two people, the one giving it in a tangible way, and the other receiving it, miracles happen. Well, I suppose we call them miracles because we don't believe we can do these things everyday. I do, and I wish this for you, too.

When we get attached too much to results, the healing becomes subjective rather than *objective*. This is because our egos then become involved, the mind starts chattering and the energy stops flowing. A good way to stop the chattering of the mind when we are working is to focus on our own breath. Or the breath of the person we are working on. It all becomes One, sooner rather than later, anyway.

Excellent situation, as my Teachers say!