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SPIRITUAL MEDICINE THE HIERARCHY OF HEALTH

by

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In my exploration for the understanding of spiritual medicine, I came across a book entitled Esoteric Healing by Alice Bailey. I found this book a treasure in that I had not found this valuable information in other spiritual resources. It had been given to Alice Bailey through telethought communication by a Master from Tibet, known as D.K. One line in the book that really intrigued me said, "Disease is the result of inhibited soul life". After reading this I began to wonder how the soul or God connection protected us from physical, emotional, mental, and spiritual illness?

Spiritual science, which is best understood by studying the multidimensional realities of physics' superstring theory, tells us that we have much more than our physical bodies to consider. The human energy body consists not only of the physical body, but also the etheric body, which exists at a level slightly outside the physical body and contains the information (or template) for the physical body. Beyond this we have the emotional body, which is sometimes called the astral body, and beyond this, we have the mental body. The spiritual body is thought to encompass all these bodies. These bodies can be thought of as sheaths which are successively dropped after our death until we eventually return to the soul.

In understanding how we become susceptible to disease or illness, the concept of spiritual vibration must be understood. Each of us has a spiritual vibrational rate, which can be raised or lowered through multiple influences. Our spiritual vibration is influenced by the food we eat, our emotional state, the company we keep, and our spiritual practices, such as prayer, meditation, Yoga, and Tai Chi.

Physical Illness/Accidents

Physical illness and accidents can occur when the spiritual vibrational rate is lowered beyond a certain point. It is well-known that the ingestion of alcohol and other drugs can block intuition and make us more susceptible to accidents, even beyond that which would be expected with decreased response times on a neurological level. Spiritual vibrational rates may also be affected by caffeine, cigarettes, and other chemicals and toxic substances that we may place in our body. Knowing that disease susceptibility may increase at lower spiritual frequency, we may wish to avoid toxins in our immediate environment and use less toxic substances in our households and yards. We should be aware that dry cleaning contains harmful chemicals that can enter through our pores, that lawn chemicals, especially if we walk barefoot in the yard, may be toxic, and the pesticides we use in our environment or fail to remove from our food may also lower our vibrational rate. Development of intuition is important in avoiding problems, such as food poisoning, ingestion of high levels of pesticides in foods, and entering into dangerous situations where chemicals are prevalent. Even with the most careful process, we do ingest chemicals, as we live in a virtual chemical soup, especially if one resides in the city. Therefore, detoxification methods are necessary, especially as one approaches mid-life. Detoxification methods can be incorporated in liver, kidney, and GI cleanses. If one is guided to fast and practice colon cleansing, these are very efficient ways to detoxify. More gentle detoxification methods may be necessary if one is very toxic, such as patients who have life threatening diseases such as hepatitis or cancer.

Doctors, especially infectious disease doctors and surgeons, are realizing the importance of bolstering the immune system rather than relying on antibiotics in this day of rapidly emerging resistant organisms. There are currently reports of Vancomycin resistant staph aureus in Japan, and doctors agree that we cannot kill the bacteria without creating a race of "super bugs" which may endanger the portion of the population with depressed immune systems. We should pursue methods to enhance the immune system so the natural defenses can help eradicate the infections.

As one becomes more intuitive, there is a greater likelihood of avoiding toxins, carcinogens, dangerous situations, and electromagnetic fields which are hazardous, as well as individuals with whom one would be better off not to associate. This intuition through our soul connection is our true protection. Protection does not exist outside of ourselves.

Emotional Illness

Fear is the most important aspect of emotional illness. Many methods exist to help one overcome fear, including psychotherapy, hypnotherapy, meditation, and spiritual practices such as Yoga, Tai Chi, and Qi Gong. An effective meditation technique for releasing fear is to ask in meditation that the fear that needs to be released is placed on a flash-card and brought up before the third eye for viewing. As the fear comes up, one can look at it and consider all the physical, emotional, and mental problems associated with the situation, accept the fear, and then release it. A book called the Healing Power of Illness written by Thorwald Dethlefsen and Rüdiger Dahlke, M.D.'s teaches that conflict not properly handled in the mental and emotional plane manifests as infection in the physical plane. For instance, aggression not properly handled in the mental and emotional plane manifests as allergies and autoimmune disease in the physical plane, and love not properly handled in the mental and emotional plane manifests as cancer in the physical plane. It is true that physical agents such as radiation and chemicals can cause cancer directly, so the physical can affect the physical directly, but it is also true that not everybody exposed to these agents develops cancer. Therefore, we have to look at other aspects of the person rather than simply the physical to determine the cause of life threatening diseases, such as cancer.

Other toxic emotions that weaken the physical vehicle include fear, which is predisposed to affect the kidneys; anger, which is predisposed to affect the liver; jealousy, which is predisposed to affect the solar plexus (located right below the rib cage); envy and grief, which are predisposed to affect the lung and heart; hatred, which affects the solar plexus; and bitterness, which is predisposed to affect pancreas and the gall bladder. Overjoy may affect the heart, and disappointment may affect the heart as well. Release of these toxic emotions, rather than the repression of them, promote positive emotions such as love, gratitude, peace, forgiveness, praise, hope, and joy which are characteristics emphasized in spiritual development. It is important not to suppress toxic emotions. The thought form that "nice people don't get angry" causes more suppressed anger, which may result in depression.

Mental Illness

There are several thought forms that are created which may not be in alignment with spiritual principles. An example given in Barbara Brennan's Hands of Light book is the thought form, "I am better than others." This thought form is not in alignment with spiritual principles, for God is no respecter of persons. In the mental plane, the thought is, "I am better than others," but in the emotional plane, there is a waffling between "I am better than others" and "I am not as good as others." The physical aspect that takes the brunt of this is the solar plexus. The physical diseases associated with this type of thought are indigestion, acid reflux, and other stomach problems.

It is important to understand cause and effect. You must look to the mental plane for the true cause of disruptions of the emotional and physical body. We recommend you meditate each evening to determine what thought forms you are creating. What belief systems are coming into the physical from this creation? Pay special attention to poverty thoughts, fear thoughts, abandonment thoughts, self-hatred, and self-critical thoughts. Until you become aware of what you are creating on the mental plane, you will not be likely to change it.

Spiritual Illness

We come back to the quote from Esoteric Healing by Alice Bailey, "All disease is a result of inhibited soul life." A book called the The Sai Prophecy by Barbara Gardner explains how conflicts and soul purpose extend over multiple lifetimes and are not confined simply to this lifetime. It is important to look at the bigger picture when viewing from the soul's perspective. Frequent conflicts with our soul's purpose can occur, conflicts with past-life relationships that can continue until you correct the relationship and life style choices. These include other conflicts between what the soul would have the personality do and what the personality actually brings forth? The spiritual energy that comes through the physical can be felt when a sense of peace envelops one, even during adversity or danger. When you start to experience the synchronicity and miracles in your life frequently, you know you are on the right course. As long as the personality is conflicted with the soul's direction, there will be strife, conflict, and depression in the emotional plane. At a certain point in one's spiritual development, the spiritual energy begins to come through the personality and disintegrate the negative patterns in the personality. People report that they feel like they are coming apart when this divine transformation begins. There is a lot of pure energy that is coming through that has not been experienced before. They describe spinning sensations inside the body, and they feel like they are being pulled out of their body, often through their crown located at the top of the head. Of course, no MRI or lab test will diagnose this condition. This is called spiritual awakening and is accompanied by shifts in consciousness. The eastern tradition calls this Kundalini rising, and the western tradition refers to it as the Holy Spirit. We find that after a period of releasing physically, emotionally, and mentally, what is being released is mostly fear. One arrives at a peaceful place where one is more detached, and the emotions and desires no longer rule. One begins to take on the role of the observer. This spiritual energy can be associated with strange neurological symptoms, which include jerking, headaches, dizziness, areas of numbness that are not related to nerve distributions, palpitations, and shortness of breath. Rather than any particular pill that might be prescribed by western doctors, we would recommend instead meditation, contemplation, walking in nature, and digging in the earth to ground oneself of these high spiritual energies. Disciplines such as Yoga, Tai Chi, and Qi Gong are successful in

balancing the body's energy. One is usually lead to a vegetarian diet and taken to sacred spaces for balancing and initiations. Vibrational medicine such as flower essences, gem elixirs, and crystals may be very helpful at this time. Other vibrational therapies such as essential oils, chakra balancing, color and sound therapy, spiritual healing, and toning could also be helpful. One starts to listen to specific music that balances the energy. It is important to work with a group, for this is a time for group initiation, not individual initiation. Group meditation and group input are very supportive while developing spiritual sight and hearing. If you try this alone, you have a danger of going off course. You need input from experienced teachers who have taken this same route. You do not necessarily want to seek a Guru, but teachers.

It is important to seek the God or the "I am" within you and find this place of inner unconditional love. You cannot give away what you don't have within you. When you realize that you will not find what you think you need outside of yourself and start looking within, all will manifest. The most important lesson is our mission to serve on Earth and to fulfill our purpose. In serving, we connect our physical self with our God self, which in turn allows us to be God's manifestation on Earth and helps uplift the planet including humanity.

Suggested Reading

The Naked Truth About Breast Implants: From Harm to Healing by Susan E. Kolb, M.D., F.A.C.S., A.B.I.H.M.

Visit www.TheNakedTruthAboutBreastImplants.com to read about Dr. Kolb's personal experiences and extensive knowledge of the potential dangers associated with silicone and saline breast implants.

Goddess Shift: Women Leading for a Change by Stephanie Marohn

Visit www.goddessshift.com to read about the anthology of over 40 women leaders in diverse fields of human endeavor where Dr. Kolb is a contributing author.