



Mental and Emotional Blocks to Healing

Description

Healing goes beyond simply targeting physical symptoms. Often, dealing with mental and emotional problems can be crucial in battling chronic health conditions, including cancer. Otherwise, these blocks can prevent a person from getting better or cause them to become ill again after a temporary improvement.

Chronic stress increases the number of inflammatory cytokines, contributing towards a weakening of the immune system. This can be a risk factor for cancer. This stress may be caused by various factors such as past trauma, family problems and a lack of feeling in control. People can suffer from Post-Traumatic Stress Disorder without having been present in a war or another major disaster; they may have suffered from depression, loneliness or been unable to express themselves for a long time. The condition known as Alexithymia is where a person is unable to understand and express their own emotions.

Just as with the placebo effect, where a person experiences an improvement in symptoms because they believe that they will, there is the nocebo effect, where a person's health can deteriorate because they believe that it will. This can be applicable for various types of chronic disease. Trying to focus on positive thoughts rather than dwell on the negative is very beneficial for our health.

Negative thoughts, such as that a recovery is not possible, can come from various sources. It may be well-meaning people such as doctors or family members. Rather than giving in to feelings of being a helpless victim, determine to be a victor. When negative thoughts that drag us down appear, they can be exchanged for something positive.

Emotional distress can cause physical toxins to become trapped in specific areas of the body, creating the ideal environment for pathogens to grow. These pathogens then release toxins of their own, perpetuating a vicious cycle. To stop that cycle, the underlying emotional problems that started it need to be resolved. Once their environment has been disrupted, the physical toxins can be eradicated. This will improve the overall health of the affected part of the body. Different emotions tend to cause problems in different parts of the body. For example, fear can affect the urinary bladder and kidneys. Anger impacts the liver and gallbladder. Grief and sadness can affect the intestines or the lungs. The

emotions lead to toxins being built up in the relevant organ, which can ultimately become the site of cancer or another chronic disease. This may be a gradual process that escalates from developing allergies to developing more severe health problems.

A woman who had a lime-sized intraductal carcinoma in the breast (revealed by biopsy) decided that she wanted to try a more natural approach to treatment. After having electrodermal screening it was decided that she should follow a vegetarian diet with vitamin C and herb supplementation and taking enzymes half an hour before eating. She was also treated with laser detoxification, homeopathy and EVOX therapy. EVOX is therapy where a microphone records the frequencies in your voice as you speak, while you think about a certain person or event. 15 seconds later, the computer screen shows the thoughts and emotions that are connected to that person or event in the form of a map-like diagram. The software then selects energetic frequencies to feed back to you via a hand electrode in order to help shift negative emotions about that topic that are counterproductive to healing. Two months later, the woman's tumour had decreased in size and was no longer showing evidence of being cancerous. Despite this, her surgeon persuaded her to have a bilateral mastectomy. When the tumour was dissected in the pathology lab, no live cancer cells were found, showing that the natural treatment had been effective.

For many people, simply hearing the word cancer makes them feel paralysed with fear. However, people do survive cancer, so a diagnosis doesn't have to mean a terrible outcome. In order to aid healing, you need to set goals and develop a good attitude so that you will be able to focus on the positive. Imagine yourself being well again in the future to help pull yourself towards that reality. When we hold on to resentment and anger, this has no impact on the person who wronged us, rather, it is only detrimental to us and can even be a contributing factor in chronic conditions. Consequently, forgiving and letting go of grudges is vital for our health. The same is true of negative feelings towards ourselves such as a lack of self-worth or feelings of guilt.

A technique referred to as recall healing involves identifying, accepting and working to resolve underlying emotional problems by forgiving and letting go of bad feelings. This technique was created by Dr. Ryke Hamer after he realised that the cancer that both he and his wife had developed was triggered by emotional trauma following their son's death. He was able to resolve the emotional problems that they both had and they both recovered without the need for surgery, chemotherapy or radiotherapy. He went on to use this technique to help thousands of others, including those with Stage 3 and Stage 4 cancer.

Some people find that writing in a journal at the end of the day can be very beneficial for their mental health. You start by writing down any negative things that happened that day that you don't want to remember and then tearing up that page and disposing of it. Then you write out all the good things that happened in a notebook that you keep. When you've had a bad day, you can read through some of the positive entries to remind yourself of good memories, rather than reflecting on the negative.

For some people, picturing those who have angered them in the past and imagining shouting to their face whatever comes to mind in connection with that person can allow them to release the raw emotion of anger. This can then enable them to root out traces of resentment so that they can forgive completely. This can include feelings of anger towards yourself, as forgiving yourself for past mistakes is vital for the sake of your own mental health. Homeopathic remedies such as EZOV, which is made from extracts of the Hyssop flower, can also be helpful in healing negative emotions.

Feelings of worthlessness also need to be got rid of. They can be created during childhood by a lack of commendation from a parent or the feeling that their parents'™ love is conditional and has to be earned. Children also tend to hear the word "no" many more times than they hear the word "yes", which could contribute towards negative thinking.

Those who are chronically ill may also have conflicting emotions that mean that, in some way, whether consciously or subconsciously, they do not want to heal. For example, there could be some financial benefit to their sickness. Some who have experienced domestic abuse may be better looked after when they are ill and therefore, not feel that it would be safe for them to recover, as the abuse would likely continue. Feelings of worthlessness or being unloved can make a person feel that they do not deserve to heal; in this case the underlying reason for those feelings would have to be ascertained so that they could work on a solution. Whatever the reason, if a person does not truly want to get better, then they are not going to be able to do so.

Simply put, when healing is only addressed on the physical level, it is likely that a person will spend much more time, energy and money than they would have to if they also addressed the mental and emotional aspects of healing. Dealing with these at the same time can also make a person less likely to have a recurrence of their illness once they have recovered.

Stress and emotional problems are thought to have a great impact on the development and progression of cancer and other chronic illnesses. These problems can include childhood trauma, stress, depression, Alexithymia and Post-Traumatic Stress Disorder. Getting involved in support groups is one effective way of tackling these problems. Recall healing and EVOX therapy can be used to help decipher the cause of an illness. These same techniques can also be used to help treat the condition, as well as other treatments such as homeopathic remedies, journaling and generally focusing on positive thoughts. These things can all be beneficial in helping to improve a person's™ mental and emotional health and therefore, better enable them to heal from chronic disease.

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Date Created

2020/01/27

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