

## Treating Causes not Symptoms - Check Your Karma

*Are your family ties a bind?*

I was recently asked which essences I'd blend for depression or cancer. This is however, treating symptoms not cause, so is only appropriate in conventional, not vibrational, medicine. Five people with the same illness are five unique individuals, each with their own family history; each at a different point of readiness to let go of whatever is in the way of their healing. I'd probably be guided to five different essence blends, healing and karmic exercises. There are literally thousands of essences which treat depression and cancer for example; knowing which of them is right for you at this time needs a deep level of connection, knowledge and experience.

### Journeying Together

It's also possible that the cause of your illness isn't clear to you because it's overlaid with something else which needs to be tackled first -we're all masters at creating distractions from our real pain. This is precisely the kind of detective work I've trained in and which I love to do; to come on a journey with you so that we can understand together what lies at the root of the problem.



### The Language of Illness

Your illness or symptom is trying to communicate something to you. It's asking you to give it attention, to listen and to make whatever change is necessary to bring balance back so that love and vitality can flow freely through you again - both to yourself and those around you.

### An Explosive Solution!

To give you an example, I had an elderly lady consult with me who wanted to resolve some difficult dynamics between herself and her sister. She was desperate to find peace with the relationship and felt time was no longer on her side. She'd just had a fall and, as I was giving her healing towards the end of the session, I felt that this fall was trying to jolt her memory. I asked if she'd had any significant falls in the past but she couldn't remember any - I had to speak up as she was quite deaf (I assumed due to her advanced age)..

One of the essences which 'came through' for her during the attunement was Ligularia, pictured above. This works on perforated eardrums and balance, often connected to trauma. I made up the blend trusting that spirit knew best, though she hadn't mentioned her hearing as an issue at all. As we made our way downstairs, the memory flooded back. She exclaimed that NOW she remembered! (Healing often allows deep layers of difficult feeling to gently and lovingly release).

### Stairway to Hell

The 'forgotten' episode began on the stairs where she'd been caught in a wartime bombing raid, hence the action of going downstairs had helped the body memory to surface. The force of the blast had thrown her downstairs and perforated her eardrum. (Something she hadn't mentioned in the session. She'd actually been hard of hearing ever since.) An infection followed with complications and she wasn't expected to live; her sister had come to her hospital bedside to say her goodbyes.

As we unravelled and released these long-buried feelings of grief and fear around this memory this lady became lighter and more joyful and a whole new way of relating to her sister became possible. She left with a spring in a step and a smile on her face, determined to see her sister as soon as possible.

It's never too late to heal!

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