

"As there are no problems in the Now, there is no illness either. The belief in a label that someone attaches to your condition keeps the condition in place, empowers it, and makes a seemingly solid reality out of a temporary imbalance. It gives it not only reality and solidity but also continuity in time that it did not have before."

Transforming Illness into Enlightenment by Eckhart Tolle.

Rods, Spears and Idiopathic Pain.

I just love that word "Idiopathic"; it's right up there with Adjuvant Therapy and Patient-Centric. Unless you have a medical background, you will most likely need to Google the terms to find out what they mean, just as I did. Basically idiopathic means we have no idea. Idiopathic pain is also called pain of unknown origin. This is the term doctors use for chronic (long-term) pain, lasting 6 months or longer, that has no identifiable cause. Although its origin is often a mystery, idiopathic pain is very real for the sufferer. Medical science may not recognise a cause, but there is often a treatment on offer in the form of drug therapy and/or surgery.



In our line of business, it's no surprise when we are contacted by people suffering idiopathic pain. And commonly when first meeting with the person, we are presented with all manner of cryptic clues as to what may be affecting them. Sometimes those clues are very subtle and sometimes they are quite astounding. I have to admit that sometimes we have no answer either, but occasionally we do.

On one occasion I was asked as a favour, to see if I could perceive the cause of pain in a young woman named Dawn. Dawn had experienced pain around the centre of her abdomen for years and doctors could find no medical reason. It did not take me long to perceive the woman had a spear protruding through the back of her left shoulder and exiting out of the lower right abdomen. I described what I saw, explaining that it was a carry-over from a previous life and forgiveness was a big lesson for her in this life. That seemed to make a lot of sense to her. The offending item can only be removed when the client is ready to accept the associated lessons. I suggested that when Dawn was ready we could help her with the problem.

A week later we met again on an unrelated matter and Dawn described how the spear had been released through a particular group regression process. I could see that the spear had indeed been removed but the solar plexus chakra was pushed way out of shape. We agreed that Dawn needed to return to the group and continue working on the problem. This was a good example of how clues to a past life issue can be presented and it's unlikely the medical approach would achieve any significant outcome.

I also had a similar experience with a man I met at a development workshop. When I asked if he had a lower back problem, the response was a very definite yes. Turns out he was currently on workers compensation as he had injured his back lifting something at his workplace. I described to him the long rod I could see protruding from his lower back and suggested that yet again, forgiveness was a big lesson for him in this life. That is forgiveness for himself first, and then forgiveness for perceived wrongs by others. The picture of the rod resonated with him because at the time of the injury he was not lifting anything particularly heavy. Nevertheless a disc in his back had "sort of exploded" and apparently it could not be explained why the injury occurred the way it did. That is often the case with back injuries when the simplest of tasks has a cataclysmic result. Is it because the person has failed to pay attention to previous signs?

And the list goes on. On observing Linda's biofield, I perceived a metal tube protruding from the left side of her chest. The best description I can give is to compare it to an aluminium cigar tube. It was the same size that would hold an expensive Havana cigar and had a cap on the end. This cigar tube protruded about 3 or 4 centimetres from the left side of her chest, just below the collar bone. I asked Linda if she was experiencing pain in her shoulder and the answer was a definite yes. The pain was something she had experienced since a little girl and the doctors had no answer for her except for suggesting surgery to de-construct the shoulder and rebuild it. Linda was probably in her fifties and originally from South Africa with an interesting background. Initially I thought that it may have been self inflicted in some way, but hearing of her life story, I felt that it may be some form of curse. During a healing session, the first thing I did was remove the cap from the end of the tube. This released an outpouring of black, stinky, fluid, like an exploding fountain pen. I decided to let it drain and continued with the session. At the end I described what had been done and we agreed that further work was needed in a week. In her feedback, Linda described 24 hours of nausea and diarrhoea as a consequence of the session. It would seem that toxins were being released on many levels. In subsequent sessions working with Linda, a good outcome was achieved, and yes a curse was involved.

So this is the crazy way I sometimes perceive indicators or clues as to what may be affecting a person. And just to be clear, I'm not against medical science, but obviously there are cases where drug therapy or surgery is not the answer. Having said that, we do not always have the answers either. Much has been written about chronic pain, describing the causes on the spiritual level, and in particular Eckhart Tolle offers some interesting insights in this regards. I suggest we need to be cautious of setting any one cause for chronic pain, whether a specific site in the body or not. I empathise with anyone who feels the effect of back pain, as I have also experienced this associated with some not so happy, teen years. For myself, physical therapy, regular exercise and the important recognition of Self, contribute to maintaining a pain free condition.

Obviously everyone is unique, and we need to take a holistic approach to understanding why we all experience pain at some time, whether it be an acute or chronic condition.



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