

### Disease Manifestation – Understanding the Role of Disease

When we get sick, our body is telling us to stop; it's telling us to make a change, to rest, to add or remove something from our lives – it is telling us to learn and act accordingly.

#### Love & attention

Sometimes our body mirrors our heart. So when the body is saying “stop, look at me, listen to me”, the heart may also be asking for love or attention from either ourselves or our loved ones. It is quite common that we ask for love and attention by falling sick given the way we are raised. From childhood to adulthood, we receive love and attention when we cry, when we're angry, when we're sick, are unhappy, dissatisfied or just feeling a little low. We hear the phrase “what's wrong?” all the time. When did you last hear somebody saying “What's right?”. How often are we given attention or love because we are happy; because we are calm, well, satisfied? We are raised in a culture where our needs are met when we cry, get angry or express frustration. It is no wonder that our bodies are trained to develop ailments in order to get attention.

#### Karmic debt – Learning opportunity

Disease may be a result of karmic debt or a soul contract. Each lifetime is a learning process. As with all learning, we sometimes make choices that create disharmony in our larger environment. In order to restore balance, we need to undergo experiences that lead us to learn and understand the effect of our prior actions. It is easy to look upon this as cruel punishment. However, if we were to broaden our outlook, we can perceive karma and soul contracts as an opportunity to develop or increase our compassion; deepen our understanding of humanity and spirit and ultimately gain wisdom and enlightenment.

#### Following your destiny

We each have a destiny to fulfil. Sometimes the path to this destiny is filled with challenges that feel overwhelming or impossible to accomplish. This can lead an individual to alter their course which ultimately draws them away from their destiny. Disease may manifest in such a circumstance in order to steer the individual back to the direction that will allow them to learn what they need to in order to fulfil their destiny.

#### Unresolved pain

Every emotion that we experience is an energy that attaches itself to our chakras and aura, causing a temporary change in our energy field. When the emotion is allowed to follow its natural course of acknowledgement and expression; the energy is released or transmuted, thereby restoring (or enhancing) our energy field. However if an emotion is ignored or shelved or if the individual cannot go beyond the 'acknowledgement' stage; the flow of energy becomes disrupted or stagnant in our subtle bodies. As time goes by, more negative energy will accumulate in this area due to secondary emotions and thoughts (caused by the primary emotion). This stagnant energy will begin to surface as various obstacles/symptoms, in order to prompt the individual to heal. Although initially subtle, the obstacles will with time become more apparent – as is demonstrated in the [seven stages of disease manifestation](#).