

Breaking News...“Illnesses” Don’t Actually Exist-It is a psychosomatic disorder, and YOU can resolve it.

Psychosomatic disorder does not mean imagined disorder. I am not suggesting your symptoms are a figment of your imagination at all, they are real. But just consider this...the fact is, “illness” is a process going on in your subconscious mind, a stuck state of being, which is being downloaded into your body.(soma) This revelation is fantastic news! It means you are at cause, and you have the power to resolve your disease. (see Meta Medicine)

One key factor that can either help or hinder the resolution of any disease creating stuck state is the diagnosis itself. The medical diagnostic process often hinders clients being able to be at cause, firstly by calling them patients (ie victims of disease) and by labeling their symptoms with a variety of complicated sounding names such as:

- Depression – Uni-polar Depression, Manic Depression (Bipolar Disorder), Major Depression, Atypical Depression, Psychotic Depression and Dysthymia
- ME - Myalgic Encephalopathy, Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Post Viral Fatigue Syndrome

Negative belief patterns, and significant emotional events in our lives create an imprint on our mind/brain/psyche which can be seen on CT scan. This imprint dictates a process to the body/soma. (psychosomatic) Once diagnosed, clients change from doing a process to having an identity, a label that they carry around with them, a “disease thing” Unfortunately, this disease thing came along when it wanted to and although it’s symptoms can be questioned a little with drugs or psychotherapy, it will probably be around for ever - or at least until it wants to leave you alone.

There are obvious problems with calling a process a “thing”. Firstly, a process is easy to change, a “thing” isn’t. Secondly, many of my clients have used this “thing” as an excuse to hide behind or at the very least it becomes part of their identity (eg I am depressed, I have ME), further re-enforcing the problem itself by making it more real and giving it more power than it actually has. The stronger the reinforcement, the more stuck you become, and the deeper into the psychosomatic state you get.

Typically, support associations follow this medical model, not wanting to challenge/hurt/insult their members, they typically say that the “disease thing” is not their client’s creation, that they can not resolve it, they can only learn to cope with it and reduce the symptoms a bit with medication. For example, the ME Association states “Currently it is estimated that some 250,000 people in Britain are affected by this illness”. By making this statement they are totally disempowering their members, and making them believe they are helpless victims of these disorders. It puts the cause of the symptoms firmly outside the clients control or creation THIS SIMPLY IS NOT TRUE!

These problems need no name or identity, other than a set of things we are choosing (at some level) to do. A psychosomatic disorder always includes a set of beliefs that we are choosing, which makes our brain chemistry change, instantly creating molecular messengers to flow around our body, giving us unpleasant feelings. We call this disease. It affects what we then do with our

lives (or not) and so the self-fulfilling and self-perpetuating cycle continues.
Disease is truly a psychosomatic disorder, and as such, is under your control.