

ENERGY AND DISEASE

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Energy is the natural law. Energy needs to flow like the river flowing to the oceans. When you block the natural flow of the river it becomes stagnant and dead. Fish die and mosquitoes flourish. The river loses its vibrancy and aliveness.

We are not much different than the river. We are part of the natural cosmic energy cycle. When we block our flow of energy we become stagnant and create diseases. In fact, it is this blockage of our energy flow that is responsible for most diseases.

Stress, Trauma, Repression are responsible for causing our energy flow to back up. Stress occurs when we are nearly always in our Fight or Flight Response. This is characterized as being hyper-alert and always vigilant. We are unable to relax and enter into our Relaxation Response. Trauma occurs when large amounts of energy enter into our body in a short period of time. This would occur during a car crash or a serious fall. Repression occurs when we hold back our feelings and sensations and very seldom let go. Just like a dam holding back the waters of the river we use our muscles to hold back the natural flow of emotions.

Together or separately, these three forces help to create energy stagnation within our body. Where the energy collects the most comes to be known as energetic cysts. These energy cysts are balls of frozen energy that begin to reside in the bodies' tissues. Just like a sponge that soaks up water once the energy becomes dammed the body begins to hold onto this stagnant energy.

When enough energy collects in a specific pattern then physiological changes begin to occur in the body. Cells begin to change. The flow of energy is diminished. The flow of blood and vascularity changes. Muscles become shortened and hardened. Joints stiffen from this holding. Connective tissue begins to glue together in a process called Hydrogen Bonding. The body is in slow decline.

Now you are beginning to get a wake-up call. Your back goes out on you. You have the flu for three weeks. You are always tired and weak. You have been diagnosed with Lupus or Fibromyalgia. Chronic Fatigue Syndrome becomes your daily fight. You

have now entered into the world of Symptomatic Medicine. Now you are labeled as sick with a terrible disease.

Under the Symptomatic Medical System you are treated like a machine. “The machine is broken so let’s fix it” is the approach. Drugs and surgery are two common tools. The goal is to conquer the symptoms but little is done to actually address the real problem. This type of thinking comes from the same place that insists that pain is a disease in and of itself. Pain is only a messenger for a deeper problem. In order to get to the source of the problem we need to stop killing the messenger.

Under a wellness model healing will occur when the energy begins to flow unimpeded once again. This means beginning to address our issues of Stress, Trauma, and Repression. Treating symptoms with drugs and surgery is great for doctors and pharmaceutical companies. But this is not really healing anything.