

The Pain Body, Energy And Disease

Energy And My Eagle:

Back in the days when I lived in Invermere, British Columbia, a small town in the East Kootenays, I remember one evening driving in my 1989 White, Eagle, Vista through the Kootenay National Park, heading back home. It was raining, just after dusk and near the Kootenay Park Lodge when I noticed my wipers were beginning to slow down. In a short time, my dash light began to dim. Soon, my headlights followed suite. Finally, at the top of the last mountain, just before Radium Hot Springs on highway 93, which leads right into Radium Village, the engine failed and I was left to coast the rest of the way down the mountain, through the park, without lights, engine, power breaks or power steering. Fortunately my transmission was a manual one and I was able to coast into the Esso station in Radium without mishap. The mechanic explained to me later that my alternator, the ongoing source of energy needed to keep my battery charged, had failed. This resulted in my battery wearing down and eventually, without its sustaining energy, all the rest of the electrical systems needed to run the car and its equipment began to fail as well. This is what happens to us when we become cut off from our Energy Source through our fear and defensive resistance. Without this ongoing supply of Life Force Energy, the systems within our mind and body that rely on this energy for their power begin to shut down one by one and we are left tired and stranded with various forms of illness and disease, rarely on a mountain that will coast us home.

The Pain Body:

The deep and heavy vale of our “pain body,”^ψ a term found within the works of Eckhart Tolle, drains, clouds, hides and makes unavailable our Spiritual Light, the Energy from God that sustains us. The defenses we use to hide from our fear and pain like repression, denial, avoiding through running away, distraction through compulsive activity, sedation through food, alcohol and drugs, projection through criticism, judgment, anger and blame, defending through worry, planning and control, resisting and creating chronic muscle tension through stubbornly holding onto and holding back the pain and fear within, all serve to **drain or block** our energy resources. The pain and fear within us, along with these defenses, all act together, very much like a dark and heavy cloud, to cast a dense vale over our Inner Light and Energy, making it unavailable and lost to us.

Energy And Disease

The end result of this energy drain and loss is an **energy crisis** that results in our immunity system being compromised. This also results in the faltering or full break down of various other important systems within our body. Our chronic muscles tension, developed from our resistance to the pain and fear within us, becomes a kind of armor that begins to make movement difficult and painful, sometimes resulting in fibromyalgia. We become unable to break down and digest various food groups because the necessary enzymes, hormones and chemicals needed are either blocked or not being produced. This will then result in weight gain and an inability to fully extract the energy from the food we eat. Often we develop environmental allergies as well and an overall feeling of chronic fatigue. This will result in less activity, more weight gain, even less energy and eventually, depression. Under these circumstances, our protection from illness and disease will also become compromised resulting in our increased vulnerability to any number of illnesses infections and diseases, a

^ψ Eckhart Tolle, “The Power Of Now”

vulnerability, which may already be genetically programmed into our physical makeup. We literally become imprisoned by our lack of energy, food and environmental intolerances, illness, infection and disease.

Traditional and alternative medical practitioners then try to deal with the various symptoms of our energy crisis, attempting, with varying degrees of success, to heal the allergies, illnesses, infections, low energy and diseases we have contracted. These will include bacterial, viral and fungal infections, food and environmental allergies, yeast and parasite invasion, A.I.D.S., cancer, sleep disorders, heart conditions and depression to name just a few.

Underlying Cause:

The real and underlying causal factor, however, for all these symptoms that result from our **“energy crisis”** remains the dense and heavy clouds of pain and fear we have habitually and compulsively avoided facing and dissolving throughout this lifetime and others. Whenever we are confronted with our pain and fear, we seem, habitually and compulsively, to use the same strategies again and again, strategies that help us to avoid and protect us from effectively feeling and healing this pain and fear within us. Using the same reaction again and again expecting a different result is a definition of insanity, is it not?

Curing Symptoms?

Even if our medical practitioner is successful in curing our infection, illness, or allergy, unless we are willing to do the difficult and painful work necessary to heal and dissolve the body of pain and fear we carry within us, then another illness, infection or disease will soon emerge from this inner pain and fear and need to be dealt with. **“Unless there is a change of consciousness, there will be a reoccurrence of the disorder. We must be reborn into spiritual awareness.”**[‡] Joel Goldsmith points out that as soon as we cure one disease, another will always emerge as long as we remain attached to this hypnotic dream of separation and fear here. As soon as we cured tuberculosis and polio, cancer and more recently A.I.D.S. have arisen to take their place. As long as we keep hidden and unhealed the pain and fear within us, and maintain the steadfast belief in the dream of their reality and power over us, they will eventually express themselves through some form of accident, infection, allergy or illness.

Curing The Cause:

We will free ourselves from disease when we become willing to constructively feel and heal the pain and fear we house within our consciousness. Every cloud of pain and every cloud of fear we bring from the darkness of our unconscious denial into the light of our conscious awareness and **experience fully**, will dissolve like mist in the summer sun. Each and every one of these clouds, dissolved within our consciousness, allows the healing energy of our Inner Spirit to shine more brightly and the energy we need to navigate successfully through our lessons in this world will become, once again, available to us. This is how we awaken from our dream of separation and fear and remove the illusion of all disease from our minds forever. Our Spiritual Identity is our only truth and at that level, we live in eternal and perfect health. Our thinking mind- body-emotion, or ego self is part of the projected dream that does not exist at the level of truth. The degree to which we dissolve the illusion of pain and fear within us, is the degree to which we awaken from our dream of separation and fear and reclaim our Eternal

[‡] Joel Goldsmith, “Consciousness Transformed” Hawaii Hotel Talks, page 13

Energy Self, our Spiritual Identity, where we are finally at peace, free from all pain fear and disease.

Wisdom Of The Healing Mystics

Mystics like the Buddha, Jesus and more recently Joel Goldsmith, were able to anchor themselves so fully in their Spiritual Identity, the knowing of their oneness with God in Spirit, they could radiate this sure knowing into the minds of others to be instruments of miraculous healings for those who came to them with a sincere desire to be cured. The sure knowing of these mystics that the ego's belief in a disease was part of a dream, not a creation of God, not real, **with no power**, raised the consciousness of those seeking healing to the same knowing and so they awakened from their dream of separation, and the illusion of their disease disappeared. The instruction from Jesus then was, "Go forth and sin no more." In those days, "to sin" was an archery term that meant, "to miss the mark." Our original and **only sin**, where we completely "missed the mark," was, and still is, to **mistakenly** identify with our mind, body, emotion or ego self instead of our real identity as Spirit. In this context, Jesus was saying to the seekers, "**Go forth and do not make the same mistake again of identifying with your ego, your belief in the dream of a separate self, apart from God. Keep your knowing firm that your true identity is Eternal Spirit where you are fully healed, at one with God and at Peace.**" As Joel Goldsmith points out, to hold this level of consciousness would demand a high degree of enlightenment or child-like faith that would be difficult for many to accomplish. As a result, the healing miracles accomplished through Jesus, although a powerful demonstration that in truth we are divine Spirit, not bodies and under God's law, not under a human belief in good and evil, a belief in two powers, probably did not last for many in the long term. Joel points out Lazarus did eventually die. This is just another way of stating that unless we are prepared to do the work necessary to dissolve out pain and fear, forgive and awaken more fully into our Spiritual Identity, curing symptoms, whether through the miracle work of a mystic or through the healing work of a medical practitioner, will bring us only temporary relief at the best, for another disease will soon manifest from the illusions of pain and fear we still carry within us.



David Ott, M.Ed., October, 2008