

ME, MY BODY AND MY SHADOW

*Establishing a Healthy Relationship
Between Your Body and Spirit*

© By CATHERINE WILKINS

Today we are experiencing a spiraling rate of illness, especially of such serious and devastating illnesses as cancer and HIV. And it is no wonder. Every day we are taking into our bodies poisons which we have, through ignorance or greed, put into the environment. The air we breathe is toxic; the water we drink is chemically 'purified'; the food we eat is laced with growth promotants, hormones, gases, radiation and antibiotics. We wash in toxic water. Many of us clean our clothes and dishes with toxic chemicals. We are living on a toxic planet and with the growing disease this creates.

Where among all of this can we hope to be safe? There is no country on earth which is not affected. How can we safeguard our health?

One of the first steps is to reduce the toxic load on our bodies through the use of organic foods, less toxic cleaners and the use of water-filters and so on. But this is no longer enough. The toxic load on each person is increasing daily, complicated by decreasing oxygen levels due to deforestation which can predispose to cancer and other diseases. Proper supplementation, especially of antioxidants, goes a long way to helping combat this problem yet even this is still not enough. How many people do you know who have lived relatively healthy and well-nutritioned lives who end up ill, possibly terminally so?

The number is growing daily. Modern medicine is at a loss to stem the tide. While they have done an extremely good job at limiting some diseases, such as small pox, others increase from year to year. Still others, once thought to be under control, are reemerging more virulent than ever. Here at the Institute of Metabiotic Medicine we receive many clients who come to us as a 'visitation of last resort'. They have tried nearly everything there is to try. They are under the care of a doctor, as well as naturopaths; they have seen herbalists and reflexologists, physiotherapists and acupuncturists, rebirthers and homeopaths and many others. Yet they are still seeking help for various ailments.

Which is not to say those they have seen have not

helped them. Often they have, yet some symptoms or the underlying cause still remains. And one of the reasons is many of these people do not have a good relationship with their own body.

Have you ever experienced a pattern in your life, whether it was in your relationships or work or any other life area, which persisted and persisted despite your best efforts? And then one day you understood what you were trying to tell yourself, or you got to the underlying, and it went away never to return again? This is what happens. Most of us have experienced it. But sometimes the underlying cause belongs to our body, and not to us.

With clients such as these we may tell them what we believe is the underlying cause only to hear them exclaim "But it can't be!! I've worked on that and worked on that. I've cleared it so many ways it can't possibly be there any more." And we have to tell them, "You are clear on it. But your *body* isn't."

One of the current thoughts causing many people to experience health problems is that their body is not conscious, that it is merely a creation to help them get around this 3rd dimensional place we call life. In some ways this gives them an excuse to take their bodies for granted and not to listen to them, which is the start of a problem. But it goes deeper than that.

We, the spirit, carry our issues with us from life to life, or from earlier this life, in our subconscious mind, a place where information is stored, sorted, and distributed. We react according to those memories, thus creating many of our problems. Our bodies also carry issues from lifetime to lifetime, but the lifetime of our body's consciousness is a generation, and these issues are carried in the DNA.

The DNA is the 'mind' of the body. It stores, sorts and distributes information just as the mind does. It passes strengths, weaknesses, and positive or negative experiences from generation to generation. We see this in family patterns such as abuse, illness or dysfunction. Some of these patterns are caused by shared environment but if it has affected your body, or the body of your ancestors, then your body is carrying the memory of that in his or her cells. And so too will your descendants.

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Your life, whether you know it or not, is a co-creation between your body and your spirit. This is not a new idea, but it is one with profound implications.

The Ancient Egyptians understood the co-creation of our lives. They spoke of the Ba, the Ka and the Akh. The Akh was what we now call the spirit. It was the soul of a man which went to the Horizon, the Egyptian heaven, when the body died. The Ba was the soul of the body. It lived on in the body after death. One common misunderstanding about Egyptian tradition was mummification was for the spirit. This, in fact, was not the case. Mummification was for the body's consciousness.

The Egyptians believed the same body consciousness always paired up with the same spirit, lifetime to lifetime, so when the body's consciousness no longer had a house it would call the spirit from the afterworld and the two of them would take up a new life again. Mummification was to ensure the Ba still had somewhere to live so the Akh could continue in the afterlife and not have to be reborn. The Ka, which was the essence or spirit of a person while they were alive, was made up of the Ba and the Akh. It was this that created the life.

At the Institute of Metabiotic Medicine we work with the body's consciousness in order to create better health, and we teach our clients to develop the relationship between their body and being. We have found the body brings to each life the awareness of all his or her ancestors, while the spirit brings all of its awareness from all of its previous lives. The body and the spirit may or may not have been together before, but the important thing is what they make of this life and an important factor in that is how they get on together.

The first thing to be aware of is that while the body is conscious, he or she has a different kind of consciousness to your spirit. Your spirit is an individual which has been roving around the Universe in and out of physical life experiencing all different kinds of things and existences, carrying the memory of its experience in its individual mind. Your body, on the other hand, has a group consciousness.

The consciousness of the body, being carried in the DNA, is shared by all those with similar DNA, which is to say your family. The body is concerned with survival of the group, the survival of its consciousness, more than the survival of any one particular individual. When the body dies the consciousness is redistributed among the surviving members of a family. This is one reason why a suicide in the family can be so traumatic. The consciousness of the body involved can be so traumatised it may fail to shift to other members of the group, who essentially suffer a kind of soul loss.

Our body's consciousness is not unlike other body consciousness on this planet, which is to say the consciousness of animals. So, with all due respect, we could say our body consciousness is our animal consciousness. Animals, as you may know, have a group consciousness. The group may get smaller as the development of the animal increases, but I believe that is more a function of genetics than of development. Higher evolved animal forms tend to have fewer offspring and so smaller families, and thus smaller groups.

Perhaps it is this connection between our body's consciousness and the consciousness of animals which caused

some thinkers in the past to turn against the consciousness of our bodies. They preached that 'the flesh should be mortified' and against the 'carnal lusts of the flesh'. Yet the body is just as capable of evolution and development as the spirit is. Indeed, his or her drive to evolve may hamper the spirit's if there is not conscious cooperation between the two but this is only because the body seeks a different path to evolution.

Many of the goals our bodies have are ones we might expect, such as children, vitality, health, wealth and other positive aspects of physical survival. But the body also has goals beyond those, goals of experience and understanding and cooperation on a larger and larger scale, incorporating more and more consciousness into its group. This is one way a group consciousness involves. This is something we, as spirits, can benefit from.

And we already benefit. Every second of every minute of every hour of every day of every week of every month of every year of our life our body allows us to have the physical experiences we seek in order to increase our own experience and enhance our own evolution. Yet we sometimes forget and take our body for granted, deeming it as unconscious simply because its consciousness is different, perhaps like those who deemed dark-skinned people to be less-than-human because they were different.

If we are to have a life that is a successful co-creation between our body and spirit then we must take into account the goals and desires of both. Both are necessary for good health, of the body, mind and spirit. The mind, if you like, is the intersection between the spirit and the body and can be effected equally by both. When our body's needs are not taken care of, when his or her goals are ignored or, worse, their energy is used to pursue goals to which they object, then their consciousness suffers. And they will then, either deliberately or simply as a matter of stress, succumb to the mounting pressures of the world and become ill.

And we will suffer the illness with them. Sometimes this is the only way our bodies can get our spirit to listen. Sadly, most of us have this kind of codependent relationship with our body. This is often what we find at the Institute of Metabiotic Medicine. Many of our clients when they first come to us are suffering from a codependent relationship with their body resulting in, despite good nutrition and exercise, chronic illness or pain, low energy, poor appetite, obesity and many other symptoms of an angry or stuck body, which prevent the client from pursuing their chosen path.

The good news is this relationship can be so much more. Like any relationship, it takes willingness, time and practice. Yet the benefits of a sound, interdependent relationship with our bodies far outweighs any effort we may have to go to. Our body is capable of handling any physical challenge, including wealth and health, as our spirit is capable of handling any metaphysical challenge. *With the two working as a team life can work on all levels.*

And this is not as hard as it may appear. Despite all the times we have ignored or maltreated or abused our bodies, all the times we failed to acknowledge them or blamed them or invalidated them, our bodies would still prefer a healthy relationship. They know what works. The body is wiser than we realise and knows our spirit can, if it wills teach him or her much that would assist his or her evolution. Our body wants to grow and develop just as our spirit

does and is happier cooperating to achieve that, but he or she will fight if it has to.

The opportunity here is for our spirit to make use of this as yet another way of turning its experience of many lifetimes into an advantage in this lifetime. When the spirit passes its experience on to the body, manifestation on the physical plane becomes much easier. We are a spiritual being and our body is a physical being; the metaphysical is the area of expertise of the spirit and the physical is the area of expertise of the body; and the spirit understands the metaphysical laws of manifestation but the body understands the physical laws. Yet the body understands, as we do, that the metaphysical affects the physical and the physical influences the metaphysical. The body would like to understand the metaphysical, and in exchange is willing to teach us about the physical.

When the relationship between the body and the being is codependent it is usually a very simple matter to tell who is the dominant partner. Those whose spirits are dominant over the body will usually have a deep, profound and satisfying spiritual life. Their awareness and intuition will be powerful, yet their physical life will leave much to be desired. Their body usually suffers from bouts of illness, and will often age very quickly. A common sign is excessive dehydration, which can lead to a weight problem as fat cells store water and can help to insulate the body from high energy levels. As they consider the physical realm, the home

of the body, of less importance than the metaphysical, the home of the spirit, it is not surprising such people often have a problem handling such physical aspects of life as money and careers.

When the body is dominant, however, there is a very different picture. The body itself will be fit and healthy. Why do you think some people have strong constitutions and others do not? Some people can eat anything, go through any stress and their bodies do not seem to be unduly affected by it whereas others readily become ill. Someone with a strong, highly evolved body consciousness will have a far greater ability to deal with physical challenges. On the physical side of life they will certainly be doing well. They will usually have a good career, with their finances in good order, and a great family life. Remember the group is important to the body. The fitter and stronger the body is usually the better they do. Yet when you look in the eyes of these people there is 'quiet desperation' coming from a spirit which is not achieving what it wants to.

Yet this quiet desperation is what many bodies are condemned to. But fortunately it no longer needs to be the case. It is possible for our bodies and spirits to work together, so we can have the best of all possible worlds and succeed in both the metaphysical and physical realms. But in order to do we need to develop a good relationship between the body and the spirit, a partnership or team, whereby the body handles the physical aspects of life and the spirit