



Energetics of Diseases

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Is the diagnosis of disease a benefit or a hindrance? A diagnosis and a naming of a disease, in and of itself, holds an energetic charge. This energetic charge can, and often does, create an intensification to the existing energetic pattern. Unfortunately, a diagnosis can also create an energetic pattern or can solidify an energetic pattern, irrespective of what is actually going on with a person.

Have you ever met someone who was recently diagnosed with cancer, or another chronic or debilitating disease? Often, with the onset of a diagnosis a client's symptoms worsen or stagnate. Worrisome symptoms, without a diagnosis, either leave a person with the hope and belief that the symptoms will go away and that everything will be okay or cause fear and uncertainty. A diagnosis can come as a life sentence and with it, the belief of recovery can be shattered or greatly shaken or it can be a relief and provide the needed trigger for change. What is important, when working with clients, is to understand the energetics behind the symptoms, the concern about the symptoms and the energetics of a person's reaction to the disease and the energetics of disease itself.

It is important, as practitioners, that we remember that diseases, diagnosed or not, are just energetic patterns. Energetic patterns are constantly changing. As practitioners we can be the most valuable to our clients when we look for, assess, and treat, the energetic patterns and not get attached to the diagnosis.

Polarity provides a wonderful framework for understanding diseases energetically. All physiological systems and body parts are a manifestation of a specific element. The qualities of the symptoms provide another window into what is occurring. As with all aspects of assessment there is always two elements in play and each element will have specific qualities, together an energetic pattern is revealed. Keep in mind, there can be more than one explanation for any symptom. For example, a lack of water, an excess of fire or an excess of air can cause dryness; stiffness can be due to an excess of earth or a lack of water. When assessing look for the range of possibilities and for how the symptoms manifest in relation to the rest of the body.

The following chart looks at the inner body energetically.

Elemental Aspect of the Inner Body



	Ether	Air	Fire	Water	Earth
Overall	Lengthening	Speed of Response	Shaking	Flowing Movement	Contraction
Governs	Sleep	Thirst	Hunger	Luster	Laziness
Organs	Space	Chest cavity, lungs	Stomach, liver, spleen, heart, gallbladder	Bladder, secretory glands	Bone, colon & kidneys
Glands	Thyroid	Thymus	Pancreas	Ovaries & testis	Adrenals
Tissues	Cavities	Nerves	Ligaments, muscles	Fat, menstrual tissue	Blood, tendons
Fluid	Ovum, semen, CSF	Tears, breath	Enzymes, hormones	Lymph, plasma, sweat	Blood
Body Systems	Joints, spinal column	Nervous system, circulation & respiration	Digestion, metabolism	Endocrine, lymphatic & reproductive	Skeletal, elimination & immune

The structural body represents the earth quality of a person. The different shapes and forms of the structural body are indicative of their elemental makeup,

Elemental Aspect of the Structural Body

	Ether	Air	Fire	Water	Earth
Overall	Hair	Skin	Muscles	Flesh / Fat	Bone
Positive pole	Head / Ears	Shoulders / lungs	Eyes, forehead	Chest, breast	Neck
Neutral pole	Sacrum	Kidneys	Solar plexus	Pelvis	Colon
Negative pole	Arch of foot	Ankles / calves	Thighs	Feet	Knees
Body Type	Overall appearance	Light, thin, wiry & underweight	Moderate, lean & muscular	Moderate to stout, padded look, easy to gain weight	Moderate to heavy build, square, firm structure
Chakra	Throat	Heart	Solar plexus	Sacral	Root

Steps to the Energetics of Symptoms and Diseases.

Each step highlights specific elements and qualities. Together they will provide the energetic pattern of the disease.

1. **Element of organ or system.** Start with the element that represents the organ or system that is out of balance. This will tell you the area of susceptibility for the person. For example, the respiratory system is an air element, muscles are a manifestation of fire, endocrine concerns are a result of an imbalance in the water element and bones are a manifestation of the earth element.

2. ***Pattern of signs and symptoms.*** Identify the signs and symptoms that are being manifested than identify the elements and qualities of those signs and symptoms. For example:
 - **Earth** represents the strength and structure of the organs. An excess of earth is seen as a decrease in flexibility, stiffness and heaviness. The formation of cysts, tumors, or lumps denotes an earth quality. Earth conditions also tend to be more consistent and deep. A deficiency of earth is seen as an inability of body parts to hold their structure or shape or to keep things in. A deficiency of earth also manifests as weakness or atrophy.
 - **Water** is the fluid aspect of the body and relates to the production of body fluids. Swelling and an increase in weight or the presence of fluid are signs of excess water. Dehydration and dryness are signs of deficiency. A deficiency of water manifests as stagnation, areas feeling cold and thick or a lack of body fluids.
 - **Fire** is the impulse behind movement and the warmth of the body. Excess fire is seen when areas are red and hot. Irritability, frustration and restless are also signs of excess fire. A deficiency of fire manifests as a lack of enthusiasm or motivation, a lack of impulse to move or a lack of warmth.
 - **Air** is the primary element of movement especially as it relates to the nervous system. Air imbalances are seen as pain that moves around, symptoms that come and go at random, presence of gas or dryness.
 - **Ether** is represented by the quality of space. An ether imbalance occurs when there is the sense of not having enough space or not liking the space you're in.
3. ***Location.*** Identify the physical location in the body where the imbalance is being manifested, its intensity and frequency. This will provide additional information on the energetic pattern. Core versus periphery and lateral versus medial indicate an internal versus external pattern or a Yin Yang pattern. Left versus right, front versus back and top versus bottom also indicate a Yin Yang pattern.
4. ***Frequency and Intensity.*** The frequency and intensity provide information about the depth of the energetic pattern and the degree it has impacted health. The more frequent and intense the manifestation the stronger the need to address the root cause or the triggers. Symptoms that are constant relate to imbalances that you are exposed to on a constant basis, energetic patterns that are deep within the body or patterns



which require your immediate attention. Symptoms that are intermittent refer to imbalances that you are exposed to periodically. When symptoms are intermittent it is important to look for the triggers and the pattern.

5. ***Onset.*** Clarify when the symptoms started. If a symptom is something that a client has struggled with their whole life it will be related more to their constitution, area of susceptibility or stresses they encountered in their early life. If the symptoms started more gradually and later in life you are looking for more of a lifestyle pattern. For example, a poor diet, lack of exercise, a life that is too busy or full of stress, a relationship that is unfulfilling. If the symptoms started more suddenly, a client will often be able to define a specific event that happened. For example, a client will say that the symptoms started after they lost their job, ever since an accident, since their father died, or as soon as they turned 40. When this happens it is important to delve further and to understand why that event was significant, how the body shifted and why it hasn't shifted back. What was the emotional impact of that event? What were the physiological changes and how were they handled?
6. ***Associated signs and symptoms.*** What characteristics or symptoms are related? This provides information on the energetic thread or the link that ties things together. Usually the symptoms for each specific pattern will have a similar onset or timing. For example, a person will describe a number of symptoms that all started three months ago, another set of symptoms that all started a couple of years ago and then some that they have struggled with their whole life. The symptoms that seem to be associated by timing or the same triggers are usually part of the same energetic pattern.
7. ***Identify root cause and triggers.*** Work with the client to identify the root cause (initial stress, trauma or event that started the pattern). Diseases themselves will tell you how an energetic pattern is being manifested. Only the client can shed light on why. Also look at what makes the signs or symptoms better or worse. What impact do the building blocks to health have?

The following is the energetic assessment of the diagnosis rheumatoid arthritis (RA). RA is defined as a chronic syndrome characterized by non-specific, usually symmetric inflammation of



the peripheral joints, potentially resulting in progressive destruction of articular and periarticular structures.

- a. **Organ System.** Arthritis occurs in the joints. Joint are an aspect of Ether. Ether relates to the external environment and to one's inner core or spirit.
- b. **Manifestation.** The following are some of the physical manifestations.
 - a. Inflammation and swelling is a water imbalance. The presence of redness or heat brings in the fire element as well.
 - b. Stiffness relates to an earth imbalance or a lack of water (flow).
 - c. Weakness is a deficiency of earth.
 - d. Destruction of articular and periarticular structures is a sign of a deficiency of earth.
- c. **Location.** Peripheral joints are an external quality. They relate more to the comfort level or interaction that someone has with their external world. If RA is worse on either the right or left this provides insight into a Yin Yang pattern. If RA involves specific fingers or joints look at the energetic pattern of the specific areas that are affected. For example, it is common for the water joints on the hands to be affected.
- d. **Frequency and Intensity.** RA is a chronic condition with periodic flare-ups. It can be transient, gradual or progressive. RA is more likely to be transient when there is an external situation that contributes to the imbalance but resolves. If the situation doesn't resolve the impact is more likely to be gradual or progressive depending on the impact it has on a person.
- e. **Energetics of RA.** Overall RA is an ether imbalance with a deficiency of earth and a water imbalance. Look for areas in a person's life that are restrictive or a lifestyle that is too structured or controlled with a lack of nurturing, creativity or enjoyment.

Clients talk in the language of symptoms and diseases. As practitioners, remember that the language of energy provides the clearest road map for understanding what is going on and what the body is trying to reveal