

Soul Re-integration and Illness

by Chris Thomas
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Introduction

We have travelled a long way along the path to achieving soul re-integration. Many millions of people are ready, or nearly ready to make the final step into full consciousness. Just when we will, collectively, make that final step is still not fully determined – when the time is right, we will all take that step together. In order to be “ready” to take that final step, we need to be as clean and clear of all of our “issues” as it is possible to be. We need this full clearance in order to make enough “space” to allow the higher self unrestricted access into the physical body.

So what are these “issues” and how do we clear them? How do I know if I have any unresolved “issues”?

The answer is within the body itself – symptoms of ill health.

The Root Causes of Illness

To understand the root causes of illness, we need to first understand how the body works and, more importantly, how the soul, the higher self, uses the body to communicate to us.

The author has worked as a healer and a psychic surgeon for over thirty years, exploring how symptoms of illness arise and how they can be healed, how the body can be brought back into balance.

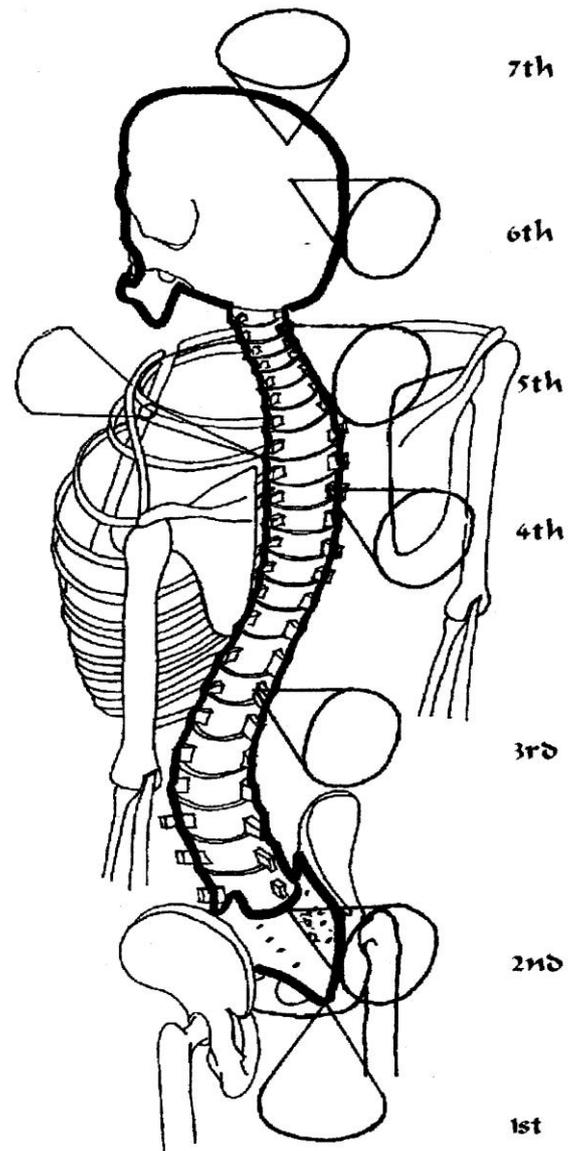
Essentially, that is what an illness is; an imbalance in the energy patterns of the body. Bring the energies back to balance and the symptoms of illness disappear – it really is that simple.

When we first divided the soul into two, 7,000 years ago, forming the physical self and the higher self, we also provided ourselves with a “route-map” of how we determined if we were following the dictates of the higher self and lived through the

experiences that we had planned for each successive lifetime.

This “route-map” is given form through the body’s seven primary chakras.

The Chakras



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Illustration One The Seven Primary Chakras

Over the 7,000 years of the Human Plan, many individuals and many cultures have been aware of the chakras and the function they play in our everyday lives. Unfortunately, when the knowledge of the chakras was brought to the west, that knowledge became “westernised” and watered down into something romantic and, in many, many instances, the true connection that the chakras have between the body and the soul have become lost.

The seven primary chakras are located on the spine and *not* in individual organs; the chakras look like “ice-cream-cones” of energy, spinning vortices, and *not* like a rose or a lotus blossom opening. There has also been a great deal of speculation as to the number of chakras ranging from 4 to 13, all located somewhere along the spine.

There are only 7 primary chakras along the spine however, there are a total of 238 chakras located in the body and these additional 231 are usually known as the acupuncture points.

The body is constructed around the soul with the main concentration of soul energy being down the spine. At relevant positions along the spine, the soul energy opens up into distinct vortices of energy and each of these vortices (chakras) relates to specific organs and to specific regions of our lives.

Every single person on the planet has these chakras in exactly the same location and each chakra relates to the same organs and the same regions of our lives – nobody is any different.

The First Chakra

The first chakra is located at the very bottom of the spine.

The energy flow from the soul is directed from the higher self through the top of the head and down the spine. That soul energy then connects into the planet’s own consciousness energy through the first chakra. This is why this chakra is also sometimes known as the “root” chakra as it literally “roots” the soul to the planet.

As this chakra’s primary function is to connect us with the planet, it deals with our sense of security – this is the chakra that deals with our “fight or flight” response to whatever situation we find ourselves in.

This first chakra relates to the skin, the muscles and to the skeleton. It also relates to the kidneys and the urinary tract and the adrenal glands.

The way in which it works is this:

If we are in a situation where we feel mildly insecure (stressed), and we want someone to give us reassurance, the skin becomes affected with eczema.

If we are not reassured, the muscles become stiff.

If we feel insecure over a prolonged period of time, the skeleton (particularly the spine) becomes affected resulting in osteoporosis.

The first chakra can also become imbalanced in more immediate ways through the kidneys and urinary tract. If we suddenly feel insecure and do not know where to turn for reassurance, we can urinate – this is why the young and the elderly can become incontinent.

There are several ways in which the first chakra can be re-balanced.

First, by doing something practical, something that makes us feel “grounded”. This can be things like washing dishes by hand instead of using a dishwasher. Taking up a hobby such as sewing or carpentry. Walking in a garden, particularly in bare feet, to help re-connect with the ground.

Use a meditation that works with and re-balances all of the chakras, paying particular attention to the first chakra.

Note: if you use a chakra balancing meditation; you must balance all of the chakras during the meditation – it is no good just working on one chakra, all must be worked on or you will create a greater imbalance in the energies of the chakras.

The Second Chakra

The second chakra – also called the sacral chakra – is located where the spine meets the pelvis and opens equally both front and back of the spine. In other words, the vortex of energy extends to the front as well as to the back of the spine – in order to avoid confusion, Illustration One only shows the back view.

This chakra relates to the lower spine, the pelvis, uterus and ovaries in women and testicles and prostate in men.

The second chakra has two functions – primary and secondary.

Its primary function is to do with our creativity and its secondary function is with our sexual (husband and wife-type) relationships.

Virtually all of the problems people experience with this chakra are connected to relationship problems.

For example:

Lower back pain is short-term insecurity within a relationship.

Hip pain is long-term insecurity within a relationship.

Problems with the ovaries and/or the uterus are related to the withdrawal of a woman's sense of nurture from a relationship.

Problems with the testes and the prostate are related to a man's withdrawal from a relationship.

All of these relationship problems can be overcome if you begin to work with the chakra's primary function by taking up a creative hobby. The deeper the relationship problems, the more creative you will need to become to overcome the physical symptoms. You will also need to make use of the giveaway – see below.

The Third Chakra

The third chakra – also called the solar plexus chakra – is located just above the tummy button. Again, it is located on the spine and opens equally front and back of the body.

The primary function is to do with personal power and its secondary function is to do with the emotions we either do, or do not, express in personal power situations.

The chakra relates to the mid to lower spine, the liver, gall bladder, pancreas, spleen – and through the spleen, the lower body lymphatic system, stomach and both large and small intestines.

Briefly, it works like this:

Personal power is all about how seriously we are taken by others in terms of how in control of a situation we are.

If we feel insecure in a position of authority, the mid to lower spine becomes affected (connecting in with the first chakra – insecurity around a particular chakra).

The organs become affected if we feel we are not able to properly express the emotions connected with these kinds of situations.

The liver processes the emotions but deals specifically with fear, guilt and jealousy.

The gall bladder stores unexpressed anger.

The pancreas is all about emotional force; if we should have shouted at somebody but all we did was mutter under our breath, all of the unexpressed force is stored in the pancreas.

The spleen becomes blocked with unexpressed frustration.

The lower body lymphatic system is part of the immune system and removes infections

from the body. The lymphatic system also becomes blocked because of frustration and this mainly manifests as cellulite.

The stomach deals with immediate situations to which we have a strong emotional response e.g. if we encounter a situation such as a car crash, we can vomit as we have no appropriate way of dealing with it.

The small intestines deal with processing our stored emotional responses.

The large intestine deals with long-term emotional storage e.g. if we tend to hold on to past emotions, we become constipated.

Weight gain is not caused by the food we eat but by holding on to emotions. If we clear the old emotions, the weight disappears of its own accord.

The best way of dealing with third chakra problems is to deal with a problem as it arises. In other words, express your emotions fully and honestly to the person who is causing you the problem. Very often, the person causing the problem does not know that they have hurt or upset you, by telling them how they have hurt or upset you will usually clear the air and you will not store unexpressed emotions.

To clear old emotions, make use of the giveaway.

Note: as we have progressed through our process of change, many people have noticed that if they do not express themselves at the time something occurs to cause them hurt or upset, they have felt a response in the appropriate organ immediately.

The third chakra is, arguably, the most important chakra in the body as everyone is affected by third chakra issues at some time or another.

As far as your higher self is concerned, this region of the body is crucial to this process of change and past, stored, unexpressed emotions *must* be cleared.

For example: If you have always had problems expressing yourself to (let us say) a family member, you must resolve your problem with them before your higher self will allow you to move on.

This may sound harsh but the higher self needs for the body to be in balance, if you have an unresolved situation, such as with a family member, your higher self will bring

about confrontations until you settle your differences properly.

If the family member is no longer alive, you will need to use the giveaway.

The Fourth Chakra

The fourth chakra – also called the heart chakra – is located on the spine at a level with the heart. It also opens equally front and back of the spine – see Illustration One.

The heart chakra's primary function is the connection between the higher self and the physical body – this is how the higher self communicates to the body and produces symptoms of illness. Its secondary function is to do with how we express love; either to ourselves or to others.

The heart chakra works with the endocrine system, the blood and circulation and, through the thymus gland, the upper body lymphatic system.

The endocrine system is the body's hormones. The word hormone is Greek and means messenger and it is this system that the higher self uses to pass messages to the physical body. If you pay proper attention to the messages from your higher self, your intuition, hormonal imbalances will be corrected.

The blood and circulation becomes affected when we are unsure about how we express our love towards others – men are particularly prone to these problems which often results in heart disease or heart attack.

The thymus gland is located in the chest, just above the heart. Its primary function is to regulate the upper body lymphatic system and the immune system. On a chakra level, it deals with how we express love towards ourselves (issues surrounding self worth) and mainly affects women as this lack of self worth is the root cause of breast cancer. Self worth means finding the balance between looking after your own needs as opposed to the needs of others – women often feel that any time they give to themselves is selfish and look after everyone else instead; this leads to breast cancer.

Problems associated with the fourth chakra will be resolved by learning to listen to what your higher self has to say – acting on your intuition, especially when it comes to events in your life that affect you directly.

We also need to learn to express love openly, whether to ourselves or to others – keeping our heart closed is very unhealthy for us – but, as always, these expressions of love need to be in balance; love yourself as you would love others.

The Fifth Chakra

The fifth chakra – also called the throat chakra – is located on the spine just above the Adams apple. It also opens equally front and back of the spine.

The chakra's primary function is with expressions of the self whilst its secondary function is communication and judgement.

It works with the lungs and bronchial channels, the vocal cords and the thyroid.

An expression that epitomises the fifth chakra is “get it off your chest”. If we do not express ourselves correctly, we end up with lung congestion. Lung cancer has nothing to do with smoking; it is lack of self expression.

Problems with the vocal cords are obviously about our unwillingness to “speak our truth”. Thyroid problems are connected to insecurity about speaking out. An underactive thyroid slows down the body's metabolism and we gain weight over the whole body – this is indicative of a wish to appear larger and more important than we actually feel; if we blow ourselves up in this way, we hope we will look too important for someone to ask us what we think about a situation. An overactive thyroid speeds up the metabolism making us extremely thin. It is indicative of a wish to move around too fast and be too thin for anyone to catch you to ask for your opinion.

The best way of dealing with fifth chakra problems is to learn to speak your truth in all situations. This does not mean being rude to people; just honest.

The giveaway is also very effective for helping to clear problems associated with this chakra.

The Sixth Chakra

The sixth Chakra – also known as the third eye chakra – is located in the centre of the forehead, just above the bridge of the nose but in an alignment with the spine.

This chakra's primary function is more to do with our sense of self within a “spiritual”,

almost Universal context as much as a physical being. Its secondary function is our psychic vision – the seat of “intuition”.

The chakra connects in with the ears; nose; the left eye; the lower brain and the central nervous system and the pituitary gland.

The eyes are all about what we do, or do not, want to see in the world around us. Short sighted means that we only want to see what is immediately in front of us whilst long sighted means we only want to look at events that occur away from us and not look at what is immediately in front.

The ears are about our hearing, going deaf is a want to not hear something or somebody. Most instances of deafness arise because that person has a chattering partner that they no longer listen to.

The lower brain and central nervous system is how we bring the outside world into the body. Problems with the nervous system – such as Parkinson’s, Alzheimer’s etc. are caused by a withdrawal from the world, a wish to disassociate from the outside and live only in an inner world of our own making.

The pituitary gland is located at the base of the brain, at the top of the brain stem. It is one of the body’s master glands controlling the thymus and endocrine system. Problems with the pituitary stem from our psychic vision – if we do not use our intuition, it will affect the pituitary creating physical problems throughout the body through the hormones.

Sixth chakra problems arise because we have begun to withdraw from the world around us. To remedy such symptoms we need to become a part of, and fully interactive with, the world again.

The Seventh Chakra

The seventh chakra – also known as the crown chakra – is located at the top of the head in alignment with the spine.

The seventh chakra is the direct energetic connection between the higher self and the physical self and works with the upper brain, the pineal gland and the right eye.

The upper brain is the interface between all of the body’s physical functions and the higher self. Through this chakra, the higher self monitors the body’s activities and well being.

The pineal gland is located at the back of the brain and produces a hormone called

Melatonin. Melatonin is an extremely important hormone as it is the master hormone behind several other hormones. Primarily, it controls the body’s “clock” – when to go to sleep and when to wake up. The primary symptom of this aspect of melatonin is ME.

Melatonin also controls the production of thyroxin, in conjunction with the thymus and the thyroid.

Melatonin is also the body’s primary anti-oxidant. When we are asleep, the Melatonin sweeps through the body clearing out toxins.

The biggest problem associated with this chakra is ME (myalgic encephalomyelitis). This is where the sufferer has no energy to do anything. The symptoms arise because we have refused to listen to the prompts of the higher self and we are being shut down until we start to make some right moves in our lives. Once we decide to make positive changes and head off in new life directions, our energy returns.

Conclusion

This has been an extremely shortened description of how the higher self communicates to us through the physical body. Symptoms of illness are the higher self’s way of telling us that we have strayed from our chosen life’s path (for a full description of the chakras and the body see *Everything You Always Wanted to Know About the Body...*).

If we pay attention to the body – the higher self’s messages – all symptoms of illness will disappear.

Yes, it is that simple; we can all cure ourselves of any health problem if we listen to our bodies and take action to correct the symptoms.

However, it can sometimes be difficult to track down the messages as the symptoms exist in more than one part of the body (more than one chakra). To help to explain this, here is a case history taken from *The Sequel to Everything*.

Client’s medical history:

A woman in her forties.

There had been a history of cellulitis (a bacterial infection of the skin which breaks down cell tissue) since the age of sixteen resulting in several hospital stays and a long-term taking of antibiotics – the original

infection began when she started taking the pill.

Fifteen years ago she had a full hysterectomy. Constant constipation and there was a lump in the intestines with chronic indigestion pains in the lower chest.

There was sudden tiredness with dizziness and nausea.

She had heart palpitations where her hands would swell and itch.

She had constant sore throats and had two nodes surgically removed from her vocal cords.

There were sore patches inside her nostrils and there was vaginal dryness.

She also had constant pain in the lower left hand side of her neck.

Family History

Her father had died when she was twelve and her mother had remarried a man who was an alcoholic, violent and who sexually abused her. There had been a complete disruption to her teenage years both by her mother and her step father.

She had married at nineteen and had given birth to a disabled daughter. She divorced eight years ago and lived with her daughter. She worked in a very stressful job but very much enjoyed it.

Our Findings

The first chakra had been disrupted for some time putting a general weakness into the muscles of the spine. Her lower back pain was caused by kidney damage – the underlying weakness was brought about by the disruption to the chakra but it was made considerably worse by the long term use of penicillin and a blood anti-clotting drug.

The second chakra had first become disrupted because of the abuse from her step father in her teenage years. This kind of abuse can cause a great deal of confusion to the person and disruption to the chakra, resulting in the hysterectomy. Starting on the pill at an early age caused severe hormonal problems because of the second chakra problems which led partly to the cellulitis occurring. Skin cells contain oestrogen receptors and her system being flooded with artificial oestrogens, from the pill, together with the second chakra problems, led to a breakdown in the skin cells (cellulitis) which was further aggravated by problems in the third and fourth chakras.

The third chakra was a mess. All of the abdominal organs were very badly affected on both primary (personal power issues) and secondary (emotional) levels.

The liver (fear) was poorly functioning, the gall bladder (anger) was totally blocked causing major disruption to the digestion, the spleen (frustration) was poorly functioning both digestively and in terms of the lymphatic tissue to the lower body – it was the lymphatic tissue which was responsible for many of her symptoms especially some of the digestive ones. The pancreas (emotional force) was disrupted in several ways – she was not producing digestive enzymes, her blood sugar balance was out and the hormones to the brain were disrupted leading to the dizzy spells. The constant blocking up of the intestines (old emotional debris) had caused a small hole to form in the small intestines which was leaking a small quantity of bacteria into the abdomen (peritonitis). The long term use of antibiotics had killed off most of the useful bacteria in the intestines further adding to her digestive problems.

The fourth chakra was also a problem on both its primary level (the link from the soul to the physical body) and on its secondary level (how we express love). The whole of the endocrine system (hormones) was out of balance – this is the mechanism used by the soul in its primary connection with this chakra; by shutting herself away from the situation with her mother and step father, this link had been disrupted. The thymus gland and upper body lymphatic system were also totally blocked. The cellulitis problem also stemmed from a bacterial infection becoming locked into the immune system which could not clear it as the thymus and spleen were not fully functional. The sores in the nose and vaginal dryness were also part of the same problem.

The fifth chakra (self expression) was disrupted because she could not talk about her experiences and problems very easily. This led, together with the dysfunctional immune system, to a constant sore throat and node growths.

Where to start with such a combination of problems? The first place is with a giveaway beginning as far back into her past as she could remember. All of her problems stemmed from being blocked from expressing herself on the second, third, fourth and fifth

chakras. By removing the accumulated emotional debris of her unexpressed self, through the giveaway, her body's own recovery mechanisms could begin to function and bring her systems back to their correct balance.

She had begun to look at many of her issues and find ways of making practical changes within her life. She found her job, although very stressful, very rewarding which helped her with her self esteem (fourth chakra – love towards self) and was beginning to give her a sense of security (first chakra). Her immune system problems would also be helped by beginning a course of the herb Echinacea.

We also suggested switching to an organic diet to boost her vitamin and mineral intake.

Although these symptoms appear to be extremely severe, once you begin the healing process, bringing the body's energies back into balance, the body will self-repair. Even conditions such as the minor tear in the intestines will heal by themselves if given a chance.

Author's note: This is a genuine case history, albeit a complex one. It is included here to show how seemingly unrelated symptoms can actually be from the same, or similar, cause.

The key to helping this woman was to help her to break each set of symptoms down and to relate them to each of the affected chakras. Once she understood that they could be dealt with on a chakra by chakra basis, she became less confused. Making extensive use of the giveaway broke the pattern of emotional recycling and allowed her to deal with the root cause issues and get on with her life.

She made a complete recovery.

The Colours of the Chakras

Traditionally, the chakras all had their own individual colours that are those of the rainbow.

The first chakra was red; the second orange; the third yellow; the fourth green; the fifth blue; the sixth indigo and the seventh violet.

However, colour is representative of the frequency that makes up that colour; if the frequency changes, so does the colour.

Ever since physical forms of life have been on the planet, the Earth has resonated at a frequency of 7.56 cycles per second. In human terms, this base-note frequency

turned out to be too low to maintain the whole of the soul within the physical body.

We embarked on what is called the Human Plan as a way of discovering what this base-note frequency should be raised to in order to re-merge the whole of the soul back into the body. Eventually, we arrived at the answer of 3,500 cycles per second and the Earth adopted this new frequency in May 2000. Since then, we humans have been trying to catch up with the Earth and raise our own frequencies accordingly. Unfortunately, humans being humans, we lagged behind a little and by October 2010 we had only raised our base-note frequency to around 14 cycles per second.

But, even this change in frequency altered the colours of the chakras. Those who had raised their frequencies found that the colours of the chakras had changed to a combination of petrol blue, petrol green, violet, gold and transparent and, for a while, these became the colours of all the chakras with the first chakra having a fairly dense colour combination with the seventh being virtually totally transparent (transparent meaning that the chakra had no colour but was made up of transparent, shimmery energy; a little like a heat haze shimmer on a warm summer's day). Nobody – that really is nobody – on the planet still has the old rainbow colours.

However, in October 2010, we began a process of acceleration to the human base-note frequencies. This acceleration took one year to complete and by October 2011, the chakras changed to all of them being totally transparent.

This raise in frequency had the effect of placing a huge amount of pressure on people to resolve all of their outstanding issues – all unresolved problems that their higher self thought important to clear before they could undergo soul re-integration.

Those who have cleared all of their issues found that the chakras disappeared altogether. In other words, the energies up and down the spine became a smooth column of energy; high frequency at the top of the head and lower frequency at the base of the spine but with no specific chakra locations along the way.

Essentially, this is the best way of determining if you are ready to make the final step into soul re-integration – if you have no chakras; you are ready. If you still have chakras; you still have work to do.

Symptoms of Illness

We are not a body that has a soul but a soul that has built for itself a body.

This is a statement that really does need to be understood. We are used to seeing the world in physical terms and have forgotten our fundamental make up; so much so that we see symptoms of illness as being something that happens to us, even to the point where we have thought of them as punishment from some deity. We need to get over this and begin to see ourselves as not being physical but being energetic in nature.

Everything that we consider to be physical is made up of energy frequencies; all combining together to make the whole that is us. Every action, or inaction, that we make in our lives has an effect on the integrity of the energies that make up the “physical” body. If we disrupt this energetic integrity, we cause symptoms of illness. These symptoms can be extremely mild but, if we ignore these early symptoms and continue to cause disruption to our energy patterns, the symptoms worsen and can become major illnesses or, in extreme cases, death.

Illness, as far as our higher self is concerned, is an indication of our making a wrong move in our lives and, because the symptoms persist, this wrong move remains unresolved. With it unresolved, the energy patterns of the body are disrupted making it difficult, if not impossible, for the higher self to merge effectively with the physical aspects of the soul.

In other words, soul re-integration cannot occur if the body is holding onto symptoms of illness.

Currently, there is no way of determining the level of severity that symptoms (energetic disruption) need to be to prevent soul re-integration occurring so it is best to assume that we all need to be clean and clear of our symptoms (issues) as much as possible.

In essence, symptoms of illness arise because our higher self considers that we have not been totally truthful in our dealings with others or in how we have responded to the situations we have found ourselves in.

Truth is the criteria the soul uses to measure how we behave. If we always tell the truth, we are always healthy and the only real way back to full health is to be totally honest with

those with whom we share our lives as, after all, symptoms arose because we were not honest in the first place.

Let us say we are in a situation where someone says something to us with which we disagree. Depending on who the person is, we more often than not say nothing but just walk away. By not saying that we disagreed with that person, we create a disruption to the energy patterns of the chakra associated with the region of our lives connected with the disagreement.

For example:

If the disagreement made us feel insecure; the first chakra becomes affected.

If the disagreement was with a lover; the second chakra will become affected.

If the disagreement was with a parent or our boss; the third chakra becomes affected.

If the disagreement was about feelings (love) about someone; the fourth chakra becomes affected.

If the disagreement was about our self; the fifth chakra becomes affected.

If we did not wish to see or hear what the disagreement was about; the sixth chakra becomes affected.

If the disagreement was with our higher self (not listening to what the higher self was trying to say to us) the seventh chakra becomes affected.

This is the key to understanding how your symptoms of illness arose.

If you have symptoms of illness then you need to work out which organ or organs are affected. Once you have worked that out, you can relate the organs to their associated chakra. Once you know the chakra, you will know which region or regions of your life you need to pay attention to and become more honest and truthful within your dealings with people in that region of your life. Once you begin to treat everything in an honest and truthful way, the symptoms will begin to disappear of their own accord.

That is how you resolve your issues.

Long-term Illnesses

The reason for using such a complicated case history above was to illustrate that many health problems do stem from events which occurred early on in our lives.

Again, they can still be resolved by breaking our symptoms down and relating them to the

associated chakra. Once we begin to break health problems down in this way, they become much more manageable and more easily understood.

The problem with so many medical diagnoses is that they can be overly complicated and it is easy to become lost when trying to work out what the body is trying to say to us. By taking each symptom and finding its chakra, the problem becomes so much easier to understand. Once we understand the problem, we can then begin to work on it chakra by chakra, symptom by symptom and before we know it, the symptoms begin to clear up.

If you are on any kind of medication, you will need to speak with your doctor or the practice nurse to work out a strategy for weaning yourself off the pills – after all if you are dealing with the root cause of your symptoms, the symptoms will disappear and you will no longer need medication.

If you are on any kind of medication, you must consult your doctor/nurse before you stop taking them. It is often dangerous to stop taking medication and usually must be done slowly.

Disabilities

Again, the loss of a limb or the loss of a faculty is not a punishment of any kind. So-called disabilities are there for a reason. Disabilities occur because our higher self wants them to occur.

To give you an example:

A disabled athlete was being interviewed on TV just after he had won his race at the Disabled Olympics. The interviewer said that he must have been devastated when he had lost his leg. The athlete replied that it was the best thing that had ever happened to him as it was the loss of his lower leg that had made him become interested in running.

Another example is the Guardsman, Simon Weston whose face became extensively disfigured by fire during the Falklands War.

We tend to treat people who become disfigured in this way with extreme caution as their disfigurement is unpleasant to look at.

Mr Weston, however, decided to confront people by appearing publicly as often as possible to say to people that just because he became disfigured, he was still the same

person and should be seen as the same person but whose appearance had changed. By facing his disability with the kind of courage he showed, he inspired others who had been disfigured to not hide themselves away. He also educated the rest of us to understand what it is like to have that kind of disability.

In other words, he listened to his higher self and faced the world in a truthful way – this is who I am, accept me for who I am.

Disabilities occur because our higher self wants us to learn about the world in a different way. If we are blind, deaf or unable to speak, we learn to interact with the world in a different way and learn new ways of communicating with others.

If we have a physical disability, such as a missing limb (whether from birth or by an accident) we learn how to interact with the body in new ways and, like the Olympic athlete, we can learn new skills and explore new opportunities.

So if you are disabled in some way, this is no barrier to undergoing soul re-integration as the disability has been brought about by your higher self.

Whether, after completing soul re-integration, you re-build the missing limb or gain all of your physical senses is a question that will be answered by you and your higher self at the appropriate time.

Disability is no barrier to soul re-integration.

Surgery

As can be seen from the description of the chakras and the root causes of illness, there is absolutely no reason for any organ to be removed by surgery – we have it within our power to repair any of the body's organs by ourselves.

Unfortunately, the medical profession does not have a clue as to how the body really works and so happily remove people's organs with great enthusiasm.

If you are unfortunate enough to have fallen foul of the surgeon's knife, there is no need to worry.

When we, as a soul, decide to live a new lifetime, we "borrow" from the Akashic the "template" of how a human body should be built and function. This template is more commonly known as the "etheric template".

The etheric template is the blueprint for a human body. It locates all of the organs, limbs blood vessels, nerves etc. and the soul then “squeezes” itself into the template and builds the body around it.

For as long as we are alive, the template is active. Not only does it locate the physical aspects of the body, it also works with the energies of the body.

If we go against the wishes of the soul and become less than totally honest with those with whom we share our lives, we begin to disrupt the energies of a particular chakra. If we continue to be less than honest, the energy disruption transfers itself to the organ that is connected to the emotion that we did not express. Once this energy disruption hits the organ, the “physical” matter of the organ begins to malfunction. If we continue to ignore the problem, the medical profession comes along and cuts the organ out.

However, the surgeon’s knife only removes the physical organ – it does not remove the energetic template of the organ.

If we continue with our behaviour that brought about the organ malfunction, the energies of the organ template can become diminished. However, it can never be destroyed.

In other words, if you have had an organ surgically removed, if you begin to alter your behaviour and become more honest in your dealings with people, the template will strengthen and, if you do what your higher self wants you to do, the physical matter of the organ will also rebuild.

So, like any other symptom of illness, the surgical removal of an organ is not a barrier to completing your own soul re-integration. What is a barrier to soul re-integration is an unwillingness to resolve the problems and attitudes that brought about the symptoms in the first place.

Toxicity

We live in a world where everything has become saturated with chemicals; especially our bodies.

However, our bodies are self-cleansing and a build-up of chemical toxicity occurs if our pineal gland is not functioning to its full potential. The pineal gland is connected in with the seventh chakra which is the direct energetic connection with our higher self.

If we communicate properly and openly with our higher selves, the pineal gland is fully

functional and, whilst we are asleep, it produces enough melatonin to flush the body clean of all toxins.

If you have health problems associated with chemical toxicity – medical drugs, artificial sweeteners, industrial chemicals etc. – it means that you are not paying attention to the communication from your higher self. If you listen to your higher self (follow your intuition), the body will begin to clean itself.

Resolving Your Issues

We all carry hurts and emotional debris around with us; it is a fact of life and virtually unavoidable. What we need to do is to clear this debris before we can move on.

In the past, this emotional debris could be ignored; we would end up with the symptoms of an appropriate illness, possibly even surgery and carry on with our lives more or less normally. If we ignored the wants of the higher self, it did not matter too much as, if we died with unresolved issues, we just carried them forwards to the next lifetime and started again with a blank page.

Those times have passed and we are currently faced with a major decision – do we progress through to re-integrating the whole soul back into the body or not? If not, then at some time in the not too distant future, we will leave our bodies (die) and return to our place of soul origin. If we have decided we want to stay and complete the work we began 7,000 years ago, we need to clear all of our accumulated emotional debris in order to create enough space for the higher self to actually enter the body.

The best initial approach to clearing these old emotions is by using the giveaway. The process of the giveaway is not repeated here as it is fully explained in many of the author’s books, articles and essays.

Start by using the giveaway as far back in your life as you can remember and then work forwards. If the person who caused you the emotional hurt is no longer alive, it does not matter as you are the one who is holding on to the emotion and you are the one who needs to clear it.

If the person is still alive, still use the giveaway to clear as much as possible of the emotional hurt but then you will need to discuss the problem with that person.

If you had confronted the person at the time the hurt was generated, you would not have the problems you have; by confronting them

now, you will be able to totally clear your body of the accumulated emotional debris and hurt and be able to move on clean and clear of issues.

Conclusion

The decision to complete soul re-integration is one which each individual has to make – nobody can make it for you; nobody can take you through this process and nobody is standing in judgement of whether you do or do not make it.

Currently, at the end of 2011, there are a total of about 2,450,000,000 (2.45 billion) people who are ready. They have resolved all of their issues, cleared their problems and are ready to move forwards when the time is right.

What is required is that we all take responsibility for our past actions, or inactions, and clear out our accumulations of emotional debris – in other words, we need to be true to ourselves.

Please Note:

All problems brought forwards from past lives were removed in 1996 when the energies for change were connected to the planet.

All energetic “chips” and implants as well as all soul to soul “Links” were removed from the body during the energy acceleration between October 2010 and October 2011.

The author has been working as a psychic and psychic surgeon for about 30 years. He was born “hard-wired” into the Akashic, the record keeping aspect of the Universal mass consciousness, which he can access at will without any form of meditation or intermediary.

He is the author of 11 books, has two 2 hour interviews available on DVD and three one hour radio interviews available on:

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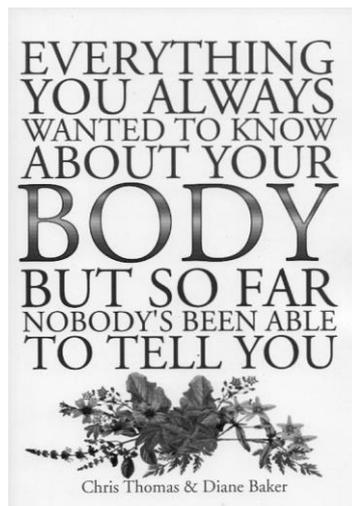
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as well as a 2 hour interview on YouTube.

He lives with his wife, Di, in Wales.

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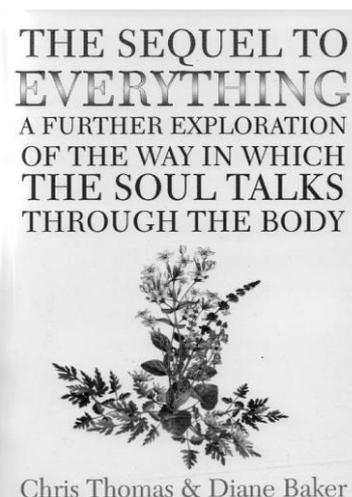
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Two DVD's are also available of interviews with the author.

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The Velon Threat to Human Existence

by Miles Johnston which lasts approx. 2hrs.

(this interview is also available on YouTube)

Both DVD's are available from:

eileen@gibson398.orangehome.co.uk

Three one hour audio interviews are also available on:

www.thespiritguides.co.uk

Also a one hour audio interview is available on:

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