

The cosmic messenger pigeon

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From Pain to Illness- become aware of the message from your Body

translation German to English by Contra(Mary)

Channeled Messages are the Key to your Subconsciousness



As we all humans have differing pre-requisites for our comprehension of channeled messages and their subsequent interpretation - I take herewith the liberty to write down some thoughts about it. Your comments and mine to the messages of Archangel Raphael may differ to one another and this is quite in order and all right. This is due to individual resonance of each- and everyone. To simplify it would to express that such a message is the key opening something in you or contrary does not open anything at all. What it is will differ from one to the other.

This opening has nothing to do whether somebody has been spiritually enlightened or has been kept busy with such topics for a long time or is just starting on it. It is more so that each soul has to go forward on its very own path individually and never - ever should compare his-/herself with any other human being.

This may be the door opening up which is linked to some pain or illness accompanying you for quite a time or you cherish the view that life as a whole is to be considered a painful experience. The message calls up some resonance in you since you are expecting something from it. Those enjoying health for the time being so not resonate that much to it. Still I am in the position to tell you - being healthy and not so much healthy - it will be of concern to both parties. Since one party wants to regain health and the other one don't want to fall ill. And thus Archangel Raphael will present his prescription for both parties here.

However, thereby it is to be taken into consideration that it is you - the human being - which is the most essential ingredient to it!

In the beginning there is pain



And many humans assume that pains or some illness will always appear anyhow and also will pass by according to the situation or in worse cases are to be treated medicamentally or even via some surgery. We do not ponder much about it because we - as explained in the message - have delegated the healing of it to others.

Many humans only start thinking in a deeper sense about pains and illness and even only then when pains are relatively high and illness wearing on relatively long and also in such case when there is only some minor chance of being healed again. Even in such case there are many people ignoring the message of their body and they learn to live with their pains by taking either medicaments or trying to get rid of it by undergoing some surgery.

And this is what Archangel Raphael has accordingly informed us about: *All pains and all illness are based on some basic information - being the key to it - which should be decoded first of all. Since this is the way your sub consciousness calls for your attention!*

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In case you did not have any pains nor any illness you may truly assume with some substantial certainty that you are leading a life which is a

- happy,
- filled with goodness,
- carefree ,
- and loving one.

If, however, you have pains or illness this will be - as described above - the attempt of your subconsciousness to attain your attention. And it is up to you how to proceed with such symptoms. Ignoring some pain will very often make such pains grow in due course. From such pains may eventually arise some not deadly illness and from this one - in some later period to come - some probably final deadly illness. I do not want to create any fear in anybody yet only to show what eventually may be some possible end.

Human subconsciousness follows its own way through human bodies. It systemizes such mode and also makes use of some certain pattern. Pains and illness all entail a basic message which, as explained by Archangel Raphael, has to be decoded. Surely he will submit to us in one of his next following messages further pieces of information.

There are quite a lot of further interesting literature also to be found in the book-market and on Internet dealing with same topics. Thus I refrain from going deeper in such subject of how to deal with such "Body-Messages" and their decoding.

You will find in the annex a survey of alike literature:

- [Heal Your Body](#): The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them
- [Your Body's Telling You](#): Love Yourself!: The Most Complete Book on Metaphysical Causes of Illnesses & Diseases
- [Healing Power of Illness](#): Understanding What Your Symptoms Are Telling You

Links in Internet:

- <http://contramarygarden.blogspot.ch/2013/04/my-very-own-thoughts-about-healing.html>
- <http://www.bodywindow.com/>
- http://www.helpguide.org/mental/stress_signs.htm
- <http://www.puramaryam.de/heilursache.html> (German language)

If you want to retrieve more infos regarding this subject there is quite a lot of information if you google it. Following key-words may come in handy:

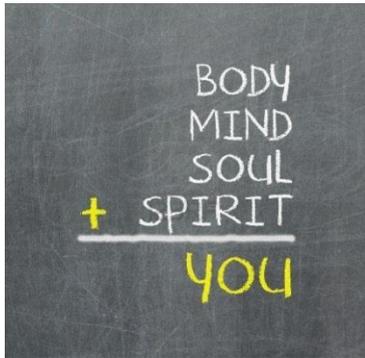
- Illness of the body caused by ailing souls
- Illness and messages of the soul
- Illness message of subconsciousness

Terms like Symptoms, designation of illness may be combined in your search.

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Pains and now !



We all shall get to know still more from Archangel Raphael or did you browse already through the Internet or in books about it ?

Most important and first of all is that you start learning to communicate with your body. Yes indeed your body is able to listen to you. Each of your bodily cells is being connected to all other cells of your body. And those again with other parts of your body. Your body with all its parts is some highly complex bio-Computer containing also some consciousness. You are a spiritual being with some bodily experience!!

Best to start is to signalize to your body: "I did understand you - I have to give you the appropriate caring!" *Once you understand that you may communicate with your body you will grasp the fact that it is only you who is responsible for any process of healing. And such responsibility may not be delegated to somebody else. (There is a complement by Raphael on proofreading)*

Emotions just like fury, hatred, mourning, Helplessness, Fear, etc. are all based on negative energies all of which - when lasting for some longer time - may lead to pains or illness. If I - e.g. do recognize now that my persistent pains in the stomach are related to the so called "Fury in the Stomach" to a peculiar person or situation - I may well be able how I shall deal with it in time to come. There I am facing various modalities depending on each prevailing situation. In the following you will find some strategies to overcome such situations:

- I do evade such situations in order not to sense any longer such fury
- I shall explain my point of view and do no longer bottle up all in my inside, seeking to clear matters resp. the situation in a special talk
- I am learning not to get set up so easily any more about minor matters since I have to get aware
- That this afflicts damage to myself and my health
- I am not on the payroll of the Corporation XY that I take anger and annoyance home and thus I resort to some emotional decoupling from such grievances
- etc.

It is not the matter of detailing to you solutions or strategies of how to overcome such situations which are listed above. These are just furthermore some conceptual suggestions not attached to perfection.

Sometimes conscious changing one's own attitude or awareness to some special situation or challenge will suffice and may also lead to some instantaneous betterment.

Illness - and now !



From my viewpoint illness is to be regarded just as some continuation of some preceding body pains or ailments. In case I do not take any notice of any such signals from my subconsciousness my body has been left no other choice than to increase the dose of pain or to come forward with presentation of some sort of illness.

Serious diseases for example very often are due to some deeply rooted and prevailing problems which have been carried about already for some years. Also some traumatic experiences in early childhood may lead to falling ill at some later time and I am including here also psychic diseases.

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Everything somebody has ever experienced in his/her life has been stored in a certain way in his/her body-cells and chakras and it is some fraction of it only which is at his/her disposal. Humans are fast when suppressing painful experiences of shock or traumatic nature into their subconsciousness in order to evade further suffering. And it is the task of human subconsciousness to safeguard human beings and their bodies from having to relive such experience all over again. If there is any difficulty which we have to face causing certain problems for us it is our subconsciousness which will try everything for us to find some way out of it. In case we are in some special situation having caused for us some traumatic experience in our past life our subconsciousness will admonish us with warning signals to act with caution. Does such situation occur a second time it will probably react with phobias, panicking, or bodily symptoms. And thus it is human subconsciousness solely deciding about good or bad for its human body of certain human persons entirely responsible for their bodies. Doing so it overrules what the soul may wish.

As mentioned already above the procedure of healing is a similar one. Please, start with signaling your body: "I did understand what you mean. I have - from now on - to take proper care of Myself!"

Also with diseases the procedure is alike and it does not depend on the peculiar pain nor disease. It all follows the alike pattern and it is this pattern you have to take to your heart. Solely by taking this pattern to your heart will make you aware how powerful are your thoughts (There is a complement by Raphael on proofreading)

Accepting disease and reacting thereto in some positive sense will serve as signal and will be the start for some healing.

Each and every disease may be referred back to some basic cause. You have to find such cause and you have subsequently to deal with it. There may be various specializing experts (Psychiatrists, Therapists, Life Coaches, Mental Coaches, Spiritual Healer/Advisor, good friends) which may be of substantial assistance. According to its level of difficulty, complexity, severe grade of disease etc. advice of some profound and professional expert is urgently needed. Do not rely on one medical discipline and method only! If you encounter some spiritual Healer/Advisor promising you Healing of Cancer for instance or recommending to cease taking prescribed medicaments - that one will have lost his professional mission and clear sight. All above mentioned specialists may be added as complementary advisors according to the severe grade of disease. This is entirely up to you and your decision and it is of utmost importance.

And still I am stressing my point that each healing will always start within oneself.

Did you recognize e.g. that you had been abused in your childhood - this has been hidden and enclosed deeply in your subconsciousness since you do not want to relive such horrible experience once more again and repeatedly too. Such traumatic and undigested experience may be causing grave bodily and psychic problems or else diseases to you which is your subconsciousness signaling you.

According to complexity and background of any disease one consequence thereof will be that you have - with professional assistance - to go forward level by level. It is indispensable that you are prepared to approach with an open and frank mind the core of its matter in a loving way. Duration of such process to dissolve the cause of any problem/disease depends on many facts which would go far beyond this article here.

And how about to continue here? Here is some excerpt of Archangel Raphael's message:

"Only when you are in complete control of your thoughts you will be able to "fight" any kind of illness in your body. To fight does not mean you are against illness! No, much more, it is that in such case you are competing for Health!"

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It is your attitude towards pain and its further proceeding to some illness that is most essential. If you exert all your power and strength to fight against pains and illness you will never be successful. Accept please the message of your subconsciousness, of your body, and start to communicate that you are prepared to mutually attend to its healing procedure.

We are human beings and as such we are consciously spiritual beings of high complexity.

According to each course of treatment and assistance - simplified here for readers - you will notice what the basic cause was. To elaborate on its cause and core of the problem will alter step by step your perception, your understanding and your attitude to the situation. This also might lead into dissolving all negative energy accumulated and your body accordingly may - in a holistic way - proceed to its healing.

It is from my own experience that I sensed how it is felt if one has recognized the core of one's problem and circled it. The relief is deeply felt and sensed in a good way. Still it is not done by merely recognizing it. According to each prevailing cause and situation it is your attitudes that have to be changed to matters, dealing with certain people or emotions towards some peculiar situation. Many a time certain patterns of attitude and hence evolving emotions are connected to one another and thus establish some peculiar interaction. This will also remain even if one has recognized and dissolved everything.

As soon as your subconsciousness has recognized that the message has been understood and hence the person concerned has changed his/her attitude pains or illness may be reduced and demounted either step by step or all of a sudden. I am very conscious about my explanation quite simplified and not going much into detail. However, I believe the conception of it is easily to be recognized.

Past Life and Soul Experience



There are additional two other field conditions which are to be considered hereby and which I want to deal with shortly. These topics alone may fill a book and are of great interest to all those wanting to go deeper. Today it is widely known from Regressions into past lives (under Hypnosis) that certain pains or diseases of past incarnations might influence the present and actual life. As I see it in such cases there will be no medical doctor able to be of assistance. If you have an open mind for it you may turn to some spiritual healer or specialist for regression or alike. These experts

may for instance recognize what is the problem here. They may also gain some assistance of the subconsciousness by applying some hypnotic procedure and find out what are the true and basic reason for some ailment.

Annexed is some recommendation Video on YOUTUBE

[Scientific Evidence for Reincarnation](http://youtu.be/ynhVVAXQ6Qg) - <http://youtu.be/ynhVVAXQ6Qg>

Skip forward to 2:35 minutes

Take care if choosing spiritual healers of alike people. There are not only honest human beings on earth! Some of the priority is that you must feel well and comfortable with such peculiar person and you have to confide in him/her. If it is not so - turn on your heel and make our get-always as fast as you can.

Now I want to point out some reasons and causes of pains and diseases which are quite difficult to retrace and follow. Once a soul decides to incarnate on earth it might be because this special soul wants to make the experience of pains or some disease with some lethal end. This is not easy to comprehend but has been proven several times by way of regressions under some hypnotic procedure. Hereby several stakeholding groups come into my mind which will of course never agree to it.

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don't fall ill at all in first place

Whoever wants to have pains or fall ill? I believe there is not anybody who consciously wants it or? Let us take some excerpts from Archangel Raphael's message as some helpful comment:

...only if you are in control of your thoughts you will be able!"

All emotions (fury, fear, hatred, etc.) undigested which have arisen from various situations of life - they always start with one thought only. And afterwards that peculiar law will come into existence which is valid all over the entire universe:

"Cause and Effect!"

In the course of your life you will be confronted repeatedly with situations serving you to make your own experience. They altogether may not be so easy and may influence your life extensively. Always when facing such kind of situation ask yourselves always again and again:

"What is it this situation will teach me now?"

Try to separate the emotional level from that of the matter and then contemplate on both. It will become clear that here some interaction of your will is needed enabling you to grow and collect experience. And now you have the choice how to react to the situation or challenge presented to you. Is your input filled with negative energies you always will receive also negative energy in return. This again will be "stored and recorded" in your body. If you recognize the system, the process of learning from it or some possibility to alter the angle of contemplation on it in which case you will not feed this experience with negative energies but with new knowledge you always will obtain positive energy in return. And such positive energy will motivate you - effect healing and your consciousness will change accordingly.

There is some certain problem in it namely you have been used to applying the same system of alike attitude for years. And thereby a well functioning automatism resp. default behavior has been developed. To break through such automatism will ask for patience, a good portion of composure and practice. You will ascertain that with progressing time you will become better and better in it and thus you will enjoy the newly won energies, motivation, and freedom too.

So once again: keep your thoughts under control!"

Conclusion

You've done it - arriving at the final end of this article. I do hope we were able to inspire you a little demonstrating possible measures to cope with pain, illness and healing thereof.

Namasté

