

How Allergies Helped to Heal my Life

By Seamus Kearns

Signs of ill health began with me after 3 consecutive operations over a period of several years resulting in viral infections and a long course of antibiotics to which I was not responding. In retrospect, I can see that my ill health was a normal response to so many imbalances in my life-

poor diet, emotional preoccupations and lack of focus. It was not till after my final operation 10 years ago, when a third of my intestine was removed, that I began experiencing severe allergies which progressively worsened as years went by. My tolerance to many foods was severely impaired causing excruciating pain in my joints throughout my body. I often felt bloated and unable to digest food properly. As a result of this, I was not of course, assimilating nutrients efficiently, therefore jeopardizing also, my immune system. As my physical state of health deteriorated, so did my state of mental health characterized by mental confusion and considerable memory dysfunction. This caused me considerable anxiety and feelings of helplessness as I struggled to perform day to day tasks.

I resigned myself to live with allergic reactions, and accepted this as something that I would have to live with for the rest of my life. But the fact remained, I had no life; my life was going from one doctor to another, hoping that I would strike a doctor that would 'get it right'; after all, that was what they were there to do- fix my problem!

It wasn't till I visited the Cancer and Natural Therapy Foundation and received a reiki, that something began to stir within me, not knowing quite what this was about. Nevertheless, the experience was quite relaxing and pleasing, enough for me to want to go again.

The following week, again, I had a reiki, and on this occasion, the sensation of relaxation had a deepening effect, as if I was floating; there was a strong sense of peacefulness. My mind wasn't as chaotic and in a state of distress as I had been used to it being, and so, I decided to continue attending the group to receive a further reiki. On this particular occasion, I noticed a remarkable change within me; it was as if, the penny had suddenly dropped. I suddenly realized that this 'dis-ease' which I had been carrying all this time, was something that I had created and needed to work on. It was this sudden realization that was the turning point in my life that was to become my salvation and doorway to my joy and freedom. On this night, I vowed that if the Foundation would teach me reiki, I would help others. This was the commencement of my journey to healing. At this point, I knew that I was totally responsible for what I had created, and therefore changes needed to be made, and only I could cause this to happen.

I therefore, started by making dietary changes; I eliminated chemical laden foods that were heavily processed and replaced these with fresh juices, grilled fish and steamed vegetables. I eliminated bread, pastry, sugar, milk, chicken and pork, although **organic** chicken did not to produce any adverse effects on my body. I realized that there was a biological reason why I could not eat certain foods; this vibration of food was not right for me. It was interesting, if I ate organic and fresh food in appropriate combinations, it would seem ok. I became selective where I chose to eat, and educated myself on eating appropriate foods that were nourishing to my body and which would provide it with the support it needed.

With the help of a natural therapist, I underwent a detoxification program and cleansed my body. This seemed to produce a clearing of the mind as well, reducing the degree of confusion that was plaguing me each day. I later on, obtained my certificate in Reiki 1, and practiced giving reiki during the Tuesday night support group and eventually, on the Thursday morning group. This helped increase my own vibration, in which period, I noticed I had more energy, and symptoms of tiredness were disappearing. It was amazing the amount I was doing, and not feeling no where as tired as I used to. At the time, I had also, offered to help with another group which operated till late at night.

Since the changes I have made, I feel immeasurably more active and happier than I have known myself to be in the past 10 years. Disease has taught me a lot about myself and life generally. It has become my teacher as well as the friend that had once been my enemy; but the enemy was I, and now I can proudly say that I am physically, emotionally, and mentally free to embrace life as it was intended for us to enjoy. We are all free to seek this strength within us; sometimes, it is a question of recognizing the role we play in manifesting our maladies. In my case, I challenged my mental approach to my physical problem; my physical state of health was a mere reflection of my mind set. So why did God supposedly give me a health problem? To help me see the God within me.