

Basic knowledge for health questions, spiritually inquired and answered here.

Diabetes, type 1: Connections and healing possibilities, clarification in a spiritual point of view.

You have called me, here I am. I am a being from the spiritual world with medical experiences. I have been incarnated on this earth several times. I was a scientist, I was a doctor, and I took care of sick humans. So many things I was allowed to learn, so many things I was allowed to move. Therefore, I make myself available now for medical information, to pass on from the spiritual world.

You are asking me about type 1 diabetes, which young people and adults can get.

The pancreas produces insulin. This insulin goes on to the cells in the body, to the cells of the body. It is a wonderful sophisticated system in your body to process the sugar that you take in, to give that energy power source to the cells, to convert that sweetness into power, into endurance, into strength.

This interaction between the production of insulin and the absorption of this substance by the cells is disturbed. The human who carries this disturbance within himself has difficulty in accepting his life, in accepting this exchange of power, of sweetness, of energy, in accepting this exchange, in accepting that the life of which he is a part, that this life cares for him, that this life surrounds him with love, that he does not have to fight for it, that he does not have to defend himself, but that this is an act of surrender, to surrender to this metabolism, to surrender to life, to give life the chance to take shape,

to take form through these different forms of energy that this metabolism contains.

The absorption of sugar is disturbed.

What happens when something that is so vital cannot be accepted because the human itself knows that it is very important, the body itself knows that it is very important?

What happens on the mental level when something is not fulfilled that is vital?

Then stress happens through dissatisfaction, through anger. Yes, it can get to the point where the human becomes angry, angry at this life situation, because he can't implement what he actually wants, what his body normally does. And then he projects it onto life, onto the outside.

He doesn't get what he expects from the outside. That brings him into this frustration. Life frustrates him because he can't live his full power, because he is disadvantaged in his power, in his strength, in his joy. Because he can't get into that satisfaction, into that easiness, which is what life is. That brings him this frustration.

How is it for the environment?

It's often that the environment sees the doctor's medication, the prescriptions, the instructions, the dietary instructions. It's like a straw or it's a stick that gives support. Most of the time, it's important for the environment to follow those orders. That's why they urge, they remind. But this reminding, this urging builds up a pressure for the sick human. And this pressure increases his frustration!

He too sometimes wants to eat something else, he too sometimes wants to reach for sweets.

But usually comes the guilty conscience: "actually he should not etc." It's like a vicious circle. It is understandable that no relaxation can arise!

For these humans with type 1 diabetes, it is important to delve into the history of nutrition. **How has the whole food chain changed over the centuries?**

If these humans acquire a knowledge there, then also comes an understanding of what which food does, how it is transformed in the body, how it enriches the body or damages the body!

There are quite a lot of ways to deal with the food. There are various options of nutrition.

Also, it is quite important to know that blood type plays an important role within nutrition, that a human with blood type zero will not tolerate the same food as a human with blood type A. Also this history of development, which food is good for which blood type, is very important to know.

Then it is also very important to look at the spiritual aspect, this dissatisfaction with life.

How can the human give himself satisfaction?

How can he give himself the self-love?

These are ALL aspects that should be considered!

How does he deal with the bad conscience? What does he allow himself?

This sick human gets many prescriptions from medicine.

What if he goes to the doctor and his values are bad?

What happens then? Depending on the doctor, there comes a pressure again. In the patient it triggers the fear of failure! Again he has not made it. What does this do to the psyche of a sick human?

What are the values that the human possesses, that the human

**promotes, that the human creates, that the human allows to grow?
What are these values that give him a satisfaction, that give him a
self-assurance, that make him self-loving?**

It is the INNER values. It is the strength, the courage, the confidence, the belief in the good in life!

THAT is what these young people have to promote. THAT is what brings about a change, when they develop these values of life, when they put the focus from the outside to the inside. THAT is also part of the healing approaches.

I am not saying that the doctor's medication should not be taken.

It is important to take them!

My message is, which I would like to give to these humans,

- that they acquire a knowledge about the different forms of nutrition AND about the development of the changes within the food chains, the quality of the food,
- that they look at their psychological weak points,
- that they develop these inner values.

ALL THIS *together* gives a balance, gives a new consciousness, because a new understanding can grow. And this new understanding brings a new power into this body. And this new power that allows new ways to open up, that medical outcomes can change and that through this the medications can be changed into "less than more".

It needs engagement, it needs confidence, it needs a goal to deal with all these different themes!

WE from the spirit world, WE support you!!!

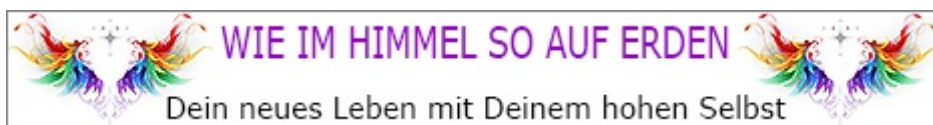
Your spirit guides, your high self, are there to show you what you have to experience, to show you to go a healing path to the medical medication, that this healing path is allowed to run at the same time and you come into a new direction, that you realign yourself on the physical, mental, spiritual level and thus this imbalance in the body is allowed to change.

Received from Christine S. on 2023.04.07.

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