

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

Rheumatoid arthritis: Connections and healing possibilities, clarification in a spiritual point of view.

This is the source speaking:

You humans are at the mercy of an incredible process of change.

Your body is always adapting, adapting to your life circumstances, to your environmental circumstances, to your professional circumstances, to your partnership circumstances, to your health.

Your body is constantly in adaptation, be it on the physical level, be it on the mental-spiritual level.

What is it like for a body?

It can be very exhausting. To remain healthy, it needs a harmonious, calm, joyful, climate - healthy climate.

But in today's time, the way you human beings have brought the earth to, this is rarely to be found! You have put yourselves into the spiral of greed.

You have set this spiral in motion. Greed, competition, always more and more. You want to be even better, you want to possess even more, you want still more and more.

THIS is the suffering of you humans!

You are dependent on these thoughts - consciously or unconsciously.

You are dependent on this competition - consciously or unconsciously.

That drives you, that drives you deeply!

And what happens to your body?

Your body is in constant stress, and this stress brings the imbalance. That is also the cause of this rheumatoid arthritis.

You want more, you want the best. You force yourself to be on the front line. You are taking on something that is too much for you. You are very strict with yourself, because you want to achieve something. This "being better," this "doing better," "knowing better," being in the forefront, puts you in a rigor, in a tremendous rigor that constricts your body, that overheats your body, that puts your body in a very, very great imbalance.

What happens when there is inflammation in your joints, inflammation in your muscles?

You are slowed down. Your mobility is slowed down. Your forward progress is limited. Your mobility in the muscles is being limited. You are being held back. Put away all this constraint in you, all this excessive demand in you, all this "directing yourself outward", because all that she is striving for is on the outside and not on the inside. Go into your inner being. See what is there. What do you find inside? What is your joy, regardless of what is on the outside? What makes you happy? What relaxes you? What brings you into a softness?

THESE are the cures for this arthritis, for this rheumatoid arthritis. Release yourself from your corset, which is connected with compulsion, with power, with ambition, with greed. Drop this corset and accept your inner reality!

What does your soul want?

What is your wish from your inner child?

What does your body need to be able to move again, to be able to move forward again, to be able to give and take again?

What do you need?

So I say to you: go into your inner being! Take time to rest, explore your desires, your talents, your gifts, what brings you joy. Because that brings you into your own individual reality.

THESE are the seeds that want to grow out of you. It is not superimpositions from outside, but it is what burns within you.

Where is your fire of enthusiasm?

Let THIS fire grow, flare up, grow. Feed this fire, not the fire of your inflammation in your joints. For that is born of externals that you have not lived up to, that are not yours to live up to, because they do not agree with your inner being.

What is your inner fire burning for?

Ask yourselves this! You know yourselves that with the nutrition very much can be brought in the body into the balance!

So I recommend you also to learn something about the food, to learn something about your body. It is a very big field. At the same time it is a very individual field, because every body works differently, every body type is different. That's why it needs very different foods.

Let the impulses from the spiritual world give you which foods are important for YOU, so that you can influence your healing process from the side of the foods.

You can see for yourselves: there are various possibilities to get rid of this situation, which has brought you into this severe imbalance of this disease.

In the spiritual world we do not speak of illness. This is an earthly expression, which people have made themselves!

We in the spiritual world, we speak of an imbalance. And with this disease

(so-called disease you call it), with this rheumatoid arthritis, you have put your body, your soul, your spirit, in a very big imbalance!

Have the courage, it takes courage. Courage to get out of this wheel of suffering. It needs courage and will to persevere, trust and hope in your own healing power, in the healing power - connected with the help from the spiritual world.

Your helpers are there! Get information. Information that is tailored to you, so that you can get out of this pressure of suffering, so that you can experience new hope, a new attitude towards life, so that your body can recover.

Why do women suffer more from rheumatoid arthritis than men?

Here speaks the source:

You women, you have lost the roots to your real existence!

You have been pressed into a scheme. Although a lot of work has been done in your society, although you have worked a lot on it, it is still the case that the woman has to fight for equal rights, that the woman has to stand up for her rights much more.

It is given to the man, but the woman, she still fights for it.

Also in a conventional marriage it is often difficult for the woman to develop her own gifts, abilities, needs, because this image of the wife is still so strongly anchored in society. This role of the woman is also like a corset, a corset that constricts her, that restricts her mobility and consequently this disease is found more in women than in men.

As soon as you women have found the roots to yourselves again, that is also at the same time the solution, so that you become healthy. As soon as you have found the root to your femininity, have recognized the mission of your femininity again.

THAT is the solution for your body to become healthy again.

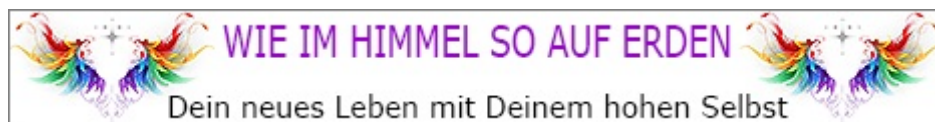
Find the root of your femininity, live the fullness of femininity, live the passion of femininity. Do not adhere to external norms, to external images created by the world of men in relation to your appearance, but find yourself, find your own image, find your own pleasures, find your own physicality, the joy of your body, the joy of your effectiveness in your femininity. Then you can get rid of this constriction, this armor, this external mission (it is again an external mission that YOU as a woman have to fulfill), then you can get rid of this.

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