

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

Diabetes, type 2 - in adults and in old age: Connections and healing possibilities, clarification in a spiritual point of view.

Preface:

I am Dr. Kahn. Many know me, many have received inspirations from me.

I have also taught many, I have been a teacher of medicine.

I have studied and passed on many things, because it is very important to me that humans be enlightened; not only the medical profession, for whom I have done a great deal of enlightenment.

But it is also important that the individual human knows more about his body, knows more about his mind, about his soul, because EVERYTHING is ALWAYS interrelated! It is never one isolated; body, mind, soul is a whole! This must be considered also in the health education. Unfortunately, this is done much too little. Today's medicine, as you humans on earth experience it now, is profit-oriented. It wants to see fast results, it wants to be able to produce many medicines, the pharmaceutical industry of course. It wants to have success, healing success with the humans. But these successes are mostly superficial, for a certain time, and then the complaints come back. And then these humans end up again in medical treatment or in the hospitals.

But the *real* medicine (as I have learned and taught it) is to see the human as a whole. *Not to make a separation* between body, soul, spirit, but to look at these three levels. Not only the physical level, which expresses the soul, spiritual.

Not only to look at this body, to treat it, but what is behind it, because what is behind it is crucial. *Behind it* is the root of the evil!

So it is also with this former called adult-onset diabetes, diabetes type 2. On the physical, chemical, biochemical level, all the diabetes types are not so different!

The difference is at the soul level.

What happens on the psychological level to the humans who get this adult-onset diabetes?

Diabetes, after all, has the theme of joy, love, openness to life; the sweetness of life, as so many put it.

What happens to these humans in old age? They become lonely, they become narrow-minded, they withdraw into an inner building. Yes, they begin to deny themselves to life. And often when they think about their own lives, they become frustrated with them. And they get in touch with that frustration, with anger; yes, sometimes even with courage.

Often they are angry with themselves because they had not achieved what was actually their goal in life. They are hardened towards themselves. And then, when you cannot give to yourself what you want from life: what do humans do? They expect it from the outside! They expect that from the outside it will be given to them! But how can someone give love from the outside, when the inside of this human is so frustrated, so separated from the real life; when the soul is separated from the body? So it is difficult to accept love. That is why it remains a bottomless pit!

Important for these humans is to give themselves, to accept themselves as they are. To accept life, even if it did not go the way they would have wanted it to! Yes, to embrace it and be grateful. It is about one's own gratitude, one's own self-love, to value oneself. To be able to say YES to what has been; to what will be.

It is a process of reconciliation with oneself. To carry out this reconciliation process would be very important. Only in this way can these humans come to peace with themselves. And when a human is at peace, he can open up again, he opens his closed heart, because he knows, now it is good. And when the heart is no longer closed, then he also has the possibility to get in touch with the outside world again.

And when he himself is at peace, he has no pretensions as to how it should be on the outside. Because for him it is good the way it is.

Reconciliation with oneself is one of the most important things in the lives of these humans. Reconciliation heals the wounded wounds. Reconciliation heals the hardships, it also heals anger and hopelessness.

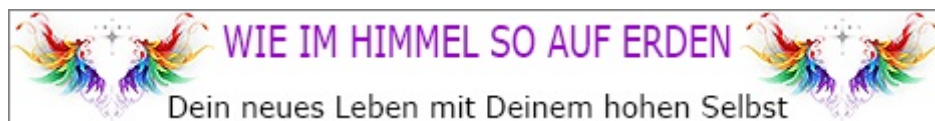
THAT is what needs to be done on the soul level for these humans with this diagnosis. I am Dr. Kahn.

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