

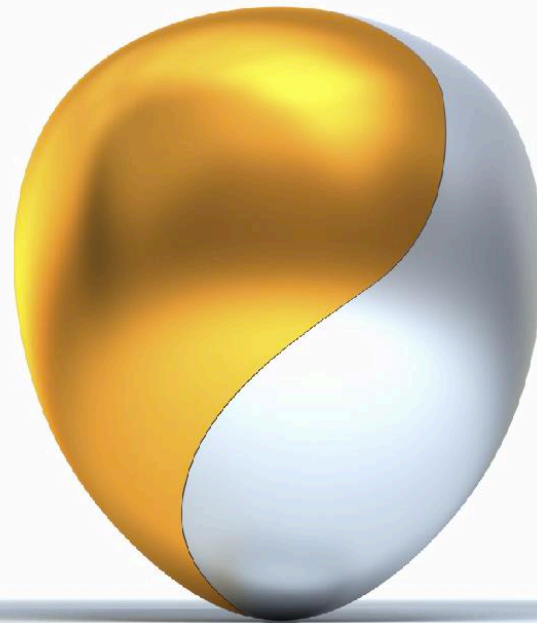
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**CHRONIC ILLNESS  
MENTAL HEALTH**

**Carolyn Eberle, LPC Founder & Author**

# EACH NEGATIVE PATTERN WILL REPEAT- SPIRITUAL LAW 3

"Nothing  
ever goes  
away until  
it has taught  
us what  
we need  
to know." //

Pema Chödrön

# STRESS AND CHRONIC ILLNESS

According to an NPR self-reported poll,  
People with Chronic Illness are 5 times as likely to have mental health issues

4 out of 5 say their own health contribute to their stress

\*Stress exacerbates Chronic Illness and Chronic Illness exacerbates stress

## Stress Causes:

- 82 percent of health care professionals are not asking patients about stress.
- 2.6 times as likely to have diabetes
- 2.9 times as likely to have back pain
- Stress creates histological and physiological changes in the tissues
- $\frac{1}{2}$  of the people polled reported a major stressful event in the past year and  $\frac{1}{4}$  said in the past month.
- Whereas 60 percent of those in poor health reported a great deal of stress in the month

## STRESS AND CHRONIC ILLNESS PART 2

- nearly  $\frac{3}{4}$  that are stressed say it has affected their health
- nearly  $\frac{1}{2}$  say their emotional wellbeing is affected by stress
- more than  $\frac{1}{2}$  say it affects their sleep
- $\frac{1}{2}$  say stress makes it hard to concentrate or make decisions- it affects their cognitive health
- 4 out of 5 say their health care provider didn't ask about stress and more than  $\frac{1}{2}$  said they didn't talk about it with their doctor



# CHRONIC ILLNESS

Chronic illness is defined as any reoccurring symptom or pathology that is persistent, long-term and/or terminal.

Both physical and emotional challenges can be considered chronic.



# CHRONIC ILLNESS PRESENTS...

- Common challenges that must be overcome
- The opportunity for deep personal, energetic and emotional transformation
- An opportunity to become more than the illness



# DISEMPOWERMENT: AN OBSTACLE TO HEALING

- People feel disempowered and victimized by their body and/or their illness
- They are faced with the issue of no control
- They feel they have done something wrong to cause the illness and it is their fault
- First interventions – to help client understand they have influence, power and the ability to turn a challenge into a gift

# KNOW THE SKILLS TO COVER COME THE DISEMPOWERMENT ILLNESS BRINGS

- There are 5 Conscious Creation Tasks To Shift the negative beliefs, sense of self and feelings that chronic illness/ cancer bring.

For a seed to achieve its  
greatest expression, it must  
come completely undone. The  
shell cracks, its insides  
come out and everything  
changes. To someone who  
doesn't understand growth,  
it would look like complete  
destruction.

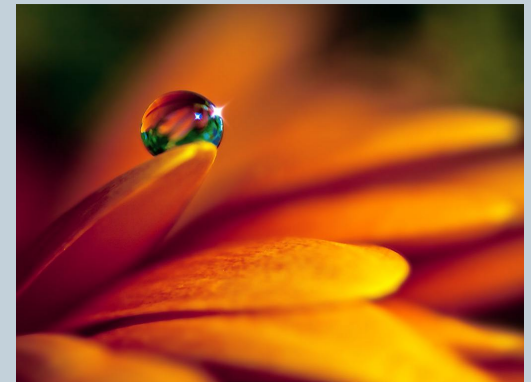
- Cynthia Occelli

# SPIRITUAL LAWS/TASKS TO HEALING

5 SPIRITUAL LAWS	5 CONSCIOUS CREATION TASKS	ENERGY/MINDFULNESS SKILLS
#1 YOUR SENSE OF SELF CREATES YOUR REALITY	AWARENESS OF WHEN YOU'RE IN CORE BEING AND WHEN IN EGO-BASED PROGRAM	EXPLORER'S MIND- Detective Helping You See the Broad Accurate Perspective
#2 YOU ARE NOT YOUR PAIN, THOUGHTS OR EMOTIONS- ESPECIALLY WHEN YOU REACT AS IF THEY ARE YOU	DETACHMENT FROM THE EMOTIONAL PAIN/CHALLENGE/ACTION so you can re-balance back to Core Being	POSITIVE INTENTION TO DETACH and Follow through the rest of the 3 Tasks back to Core Being
#3 YOUR NEGATIVE PAST REPEATS UNTIL YOU CHANGE YOUR EGO-BASED PROGRAMMED RESPONSE	NAME, OWN, CLAIM YOUR NEG. EGO-BASED PROGRAM (LVC) REACTION/EMOTION in mind/body	CHOICE POINT - CHOSE TO MOVE THROUGH 5 TASKS AND SHIFT LVC REACTION BACK TO HVC of CORE BEING
#4 DIFFICULT LIFE EXPERIENCES HAPPEN FOR YOU-NOT TOO YOU.  FIND THE GIFT IT WAS MEANT TO BRING. BECAUSE...  WHAT YOU FOCUS ON GROWS SO DON'T DENY OR OVER-IDENTIFY WITH THE PAIN YOU ARE FEELING...INSTEAD LEARN FROM IT	INSIGHT-LINK TO PAST THE TRIGGER YOU ARE FEELING. IS IT CHILDHOOD, PAST LIFE, ANCESTRAL, OTHER	ENLIGHTENED OBSERVER- HAS YOUR BACK, IS SENDING YOU LOVE AND SUPPORT SO YOU ALIGN AND HAVE ENOUGH HVC TO SHIFT THE TRIGGER BACK TO CORE BEING (THE LOVING ARMS OF SOURCE/GOOD MOM)
#5 PAIN TRANSFORMS TO POWER OF CORE BEING AND WISDOM. EMOTIONAL PAIN AND LIFE CHALLENGE ARE THE ENERGETIC PORTAL TO RECONNECT YOU BACK TO SOURCE.	TRANSFORMATION OF THE PAIN LVC (Trigger) BACK TO THE HVC OF CORE BEING. Do this as: thoughts/beliefs/sense of self in MIND/BRAIN as energy, sensations in the body, cells and nervous system.	CORE BEING RECONNECTION SKILL IS THE ULTIMATE SELF-MASTERY TASK

# DISEMPowerMENT: AN OPPORTUNITY TO HEAL

- Illness, as any personal challenge, is a spiritual opportunity to create necessary life changes that would not otherwise be possible.
- As the client opens to this possibility, deeper healing, growth and transformation can occur.



# WORKING TRANSFORMATION

Gaining wisdom from the illness includes accessing any feelings of anger, grief and loss.

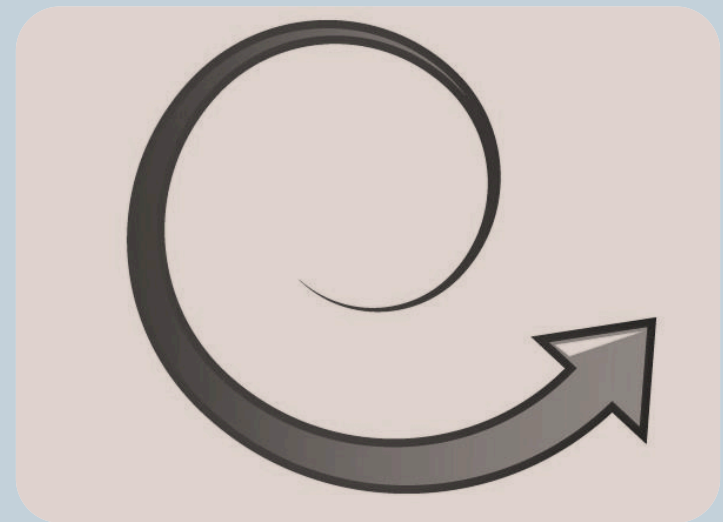
Nothing brings up personal issues more than a chronic illness.





# THE DEEPER TRUTH

- Health is “simply” owning one’s own deeper truth
- Being able to self-validate and reflect our own true spirit back to us is a key element to happiness and promotes health
- Illness acts as an arrow, pointing out to us where in our body we hold core distortions and negative energy





# FAILURE?

**If we remain sick, have we failed?**

NO! If our body still fails us, as it does many – especially as we grow older – that does not mean that we can't still resonate with the deeper light of our core being.

# ILLNESS IS NOT OUR FAULT

- Judgment never heals
- Chronic Illness is only a bend in the road and should not be judged as a mistake or an evil
- Illness is just a subconscious arrow pointing us in a direction to explore, not judge



# WAIT AND BE SAVED

One key emotional issue many clients with a chronic illness share is a deep-seated (often subconscious) need to be taken care of, loved and supported.



# FINDING EMPOWERMENT WITHIN

- Every chronically ill client can learn how to feel, sense, know, visualize and acknowledge their true core being in a meaningful and tangible manner
- Our core being is our internal power source and helps us manifest and receive our external support
- Positive resourcing exercises together with feeling our core being as a sensation in the ME-B system creates a tangible experience toward achieving self-empowerment

# HEALING INTERFERENCE

## False Images & Beliefs that Interfere with Healing

- To Live – I had to please others (collapse)
- To live – I need you to accept me
- The positive image and belief a ME-B  
Therapist can help their client master is:
- **To Live – I will accept myself, be strong and not collapse**

CANCER

# DO'S AND DON'TS OF WORKING WITH CANCER

- **Do** bring in consciousness of Core Being
- **Do** teach clients about good boundaries
- **Do** connect energetically with the consciousness of the cancer
- **Don't** send love to cancer and energetically charge it
- **Don't** bring the cancer into your body

# STEPS FOR WORKING WITH CANCER

- Start at the head of the person & work down one quadrant at a time. Connect into and feel the cancer. Make sure you DO NOT bring the cancer into your body.
- Expand your field to Core Being dimension
- Allow Core Being to fill and raise the vibration of the cancer
- Place hands under and over the 2<sup>nd</sup> Chakra and resonate orange throughout yours and the client's fields

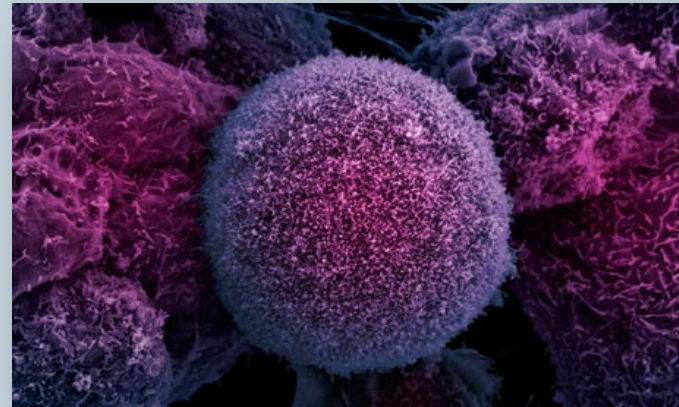


# ENERGY STEPS FOR WORKING WITH CANCER

- If the client is having radiation or chemotherapy, first connect to the energy of the chemo or radiation and direct it into the center of the cancer
- Then energetically remove the chemo from any healthy cells you can either
  - Energetically pull it out of the field or you can
  - Energetically call in the vibration of Core Being and allow the chemo to dissipate from the field

# SENSING CANCER IN THE FIELD

- Cancer itself feels to me like pins and needles prickling my hand
- As the Cancer begins to die, and Core Being regains its space, I find the feeling changes to a more smooth flow
- When I see cancer in the field it looks dark and solid



# HEART DISEASE



# GRIEF & DYING

# MASCULINE RESPONSES TO GRIEF

- Feelings held in or toned down
- Thinking precedes feelings
- Problem solving rather than expression of feelings
- Outward feelings of anger/guilt
- Loss expressed through activity
- Intense feelings expressed privately
- Intense grief usually expressed immediately after the loss

# FEMININE RESPONSES TO GRIEF

- Anguish and tears of laments
- Socializing to be nurtured
- Not afraid to discuss grief or feelings
- Difficulty expressing anger
- Able to seek support
- Often act as care givers of others

# ENERGY FIELD OF A DYING PERSON

- Begins to dissolve at the 1<sup>st</sup> Chakra, & moves up
- People can leave through different Chakras
- As field disintegrates they become very sensitive to their external environment
- The veil between this dimension & the higher dimensional fields soften
- Clients will often see and speak with family that have passed on & may communicate with their spirit guides
- Holding levels one & five can often help shift the mood in the room & create more trust & clarity



HEALING

# ENERGY HEALING BASICS-DEATH/ DYING

- Always work from the bottom up toward the head because the lower levels of the field are the first to dissipate
- Track the field closely and keep bringing in the seventh level of the field throughout the whole body
- After you feel the whole body filled through the seventh level, open the upper chakras, especially the crown
- **However, remember to follow what the field tells you it needs. Never force it.**

# MENTAL ILLNESS IN THE FIELD

BODY CENTERED (LOWEN)  
PERSONALITY TYPES &  
CHRONIC ILLNESS

# HEART-CENTERED (MASOCHIST)

- Boundaries tend to be more permeable and body types often hold more toxins.
- These two characteristics make their health challenges significant.
- Teach them to firm up the structured levels of their field and to heal their victim energy.



# COMPASSIONATE (ORAL)



- Ruled by the false belief that they are not enough and field remains undercharged.
- They wait to be saved and fed by another.
- This is the most difficult personality type to heal from a chronic illness.
- Focus on helping the client find strength, fullness and empowerment.

# LEADER (PSYCHOPATH)

- Most likely to succeed in healing a chronic illness as tends to tackle life as a battle.
- They tend to have a strong field and that is in their favor yet they can over do, push too hard and wear out their adrenals.
- Call in the positive archetype of this character and support them to trust they will succeed.



# EXCEL (RIDGID)

- Must overcome the emotional strain of being “imperfect” and feel (but not collapse into) they can then transform the deeper emotions.
- Feeling their Core Being and authentic essence is key to them healing.





# SPIRITUAL (SCHIZOID)

- May have difficulty in overcoming any negative beliefs and false sense of self that developed because of young wounding.
- Teach how to transform the trauma of their past without disassociating.
- Help them strengthen their energetic container and nervous system so they can stay present enough to transform the darkness into Core Being.



# YOUNG WOUNDING IN THE FIELD

*Jean's Story*

# MENTAL ILLNESS IN THE FIELD

# MANIA IN THE FIELD

- All levels of the field are overcharged – and chakras in hyper-spin bringing in too much energy



# DEPRESSION IN THE FIELD

- All levels of the field are undercharged
- The size of the field is compressed
- Mucus & clouds are extensive on the 4<sup>th</sup> & 2<sup>nd</sup> chakras
- Usually suppressed anger keeps depression in the field
- Use a combination of the ME-B anger techniques, positive resourcing and trauma work taught in this training to shift depression.
- Regular exercise and a healthy diet are also helpful

# ANXIETY IN THE FIELD

- ANS is over stimulated: quick breath, heart races, skin may sweat & nausea may occur
- May feel energetic electrical charge on skin & possible energy moving through compressed energy field
- Structured levels become tight like rubber bands
- Reaction mode may be noticed
- Let your calmer field expand to client to slow their reactions

# SCHIZOPHRENIA IN THE FIELD

- Tears in all levels of field up to & including the 7<sup>th</sup> so all fields leak through the 7<sup>th</sup> level
- Do not charge their field in a manner that could tear it more
- Only if you have had additional training and experience with schizophrenics should you be their primary therapist

# BOUNDARY ISSUES IN THE FIELD

- Field may be weak and undercharged
- Emotional levels may not have any energy
- May depend on the character structure
  - For example: Masochistic might present with a large 4<sup>th</sup> level and a very strong 1<sup>st</sup> level defensive pattern that invites invasion of emotional levels to feel “victim” issues





# COMMON EMOTIONAL ISSUES

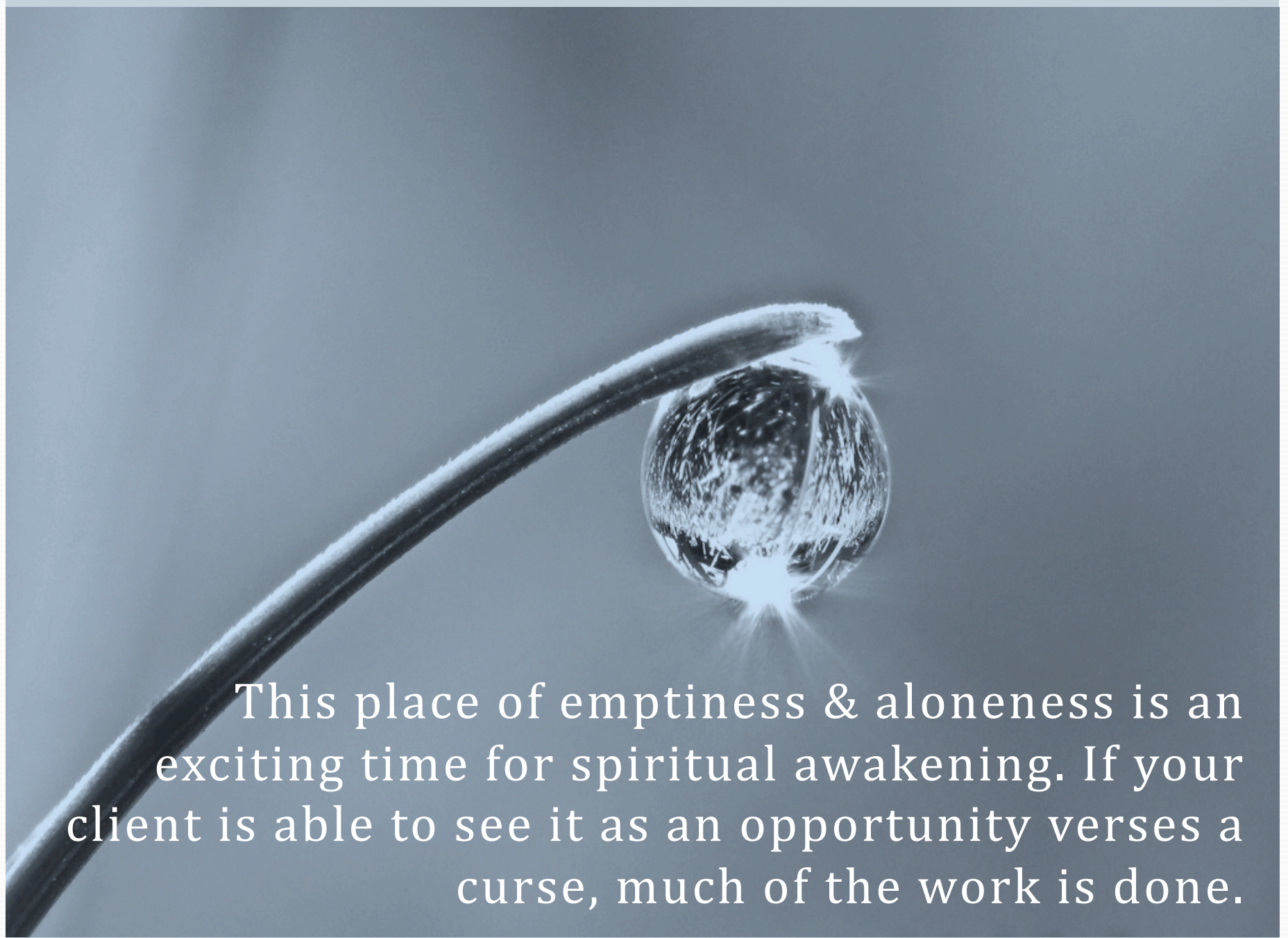
- Collapse
- I am empty/alone
- Void/death & rebirth
- If no one ever affirmed me, how do I affirm myself?
- I am my emotional pain
- Idealized self imaged destroyed of defended
- Negative ego – Where's Waldo
- High Vibrations
- Existential Fear
- Surrender
- I am not enough
- Integration
- Self-Sabotage
- Hitting a wall/Being stuck
- Authority issues
- Negative Intention
- Root of addictions
- When you know essence of satisfaction through internal source, then you know true happiness
- Puer, Puella Eternus
- Crying when it is about receiving love

# COLLAPSE

- Jerry came in. Collapsed & slumped in the chair again. He hated his job, had no girlfriend and was feeling overwhelmed.
- Solution
  - Shift body position
  - Next explore & identify specific emotion & where it's held in his body
  - Help to not over-identify with emotion by using Enlightened Observer to let go & detach from emotion (verses disassociate)
  - Help themselves fill up with their Core Being & connect to their true self (Positive Resourcing Techniques)

# I AM EMPTY/ALONE

- Often over-identification & collapse is related to the energy of “I am empty” & “I am alone”
- This empty feeling connotes lack, not enough & a lost soul
- Solution
  - Finding oneself at a deep level & learning how to define who you are in the world based on an internal vs. external source
  - Positive resourcing techniques, re-orienting to internal self-knowledge vs. external definitions of self is key



This place of emptiness & aloneness is an exciting time for spiritual awakening. If your client is able to see it as an opportunity verses a curse, much of the work is done.

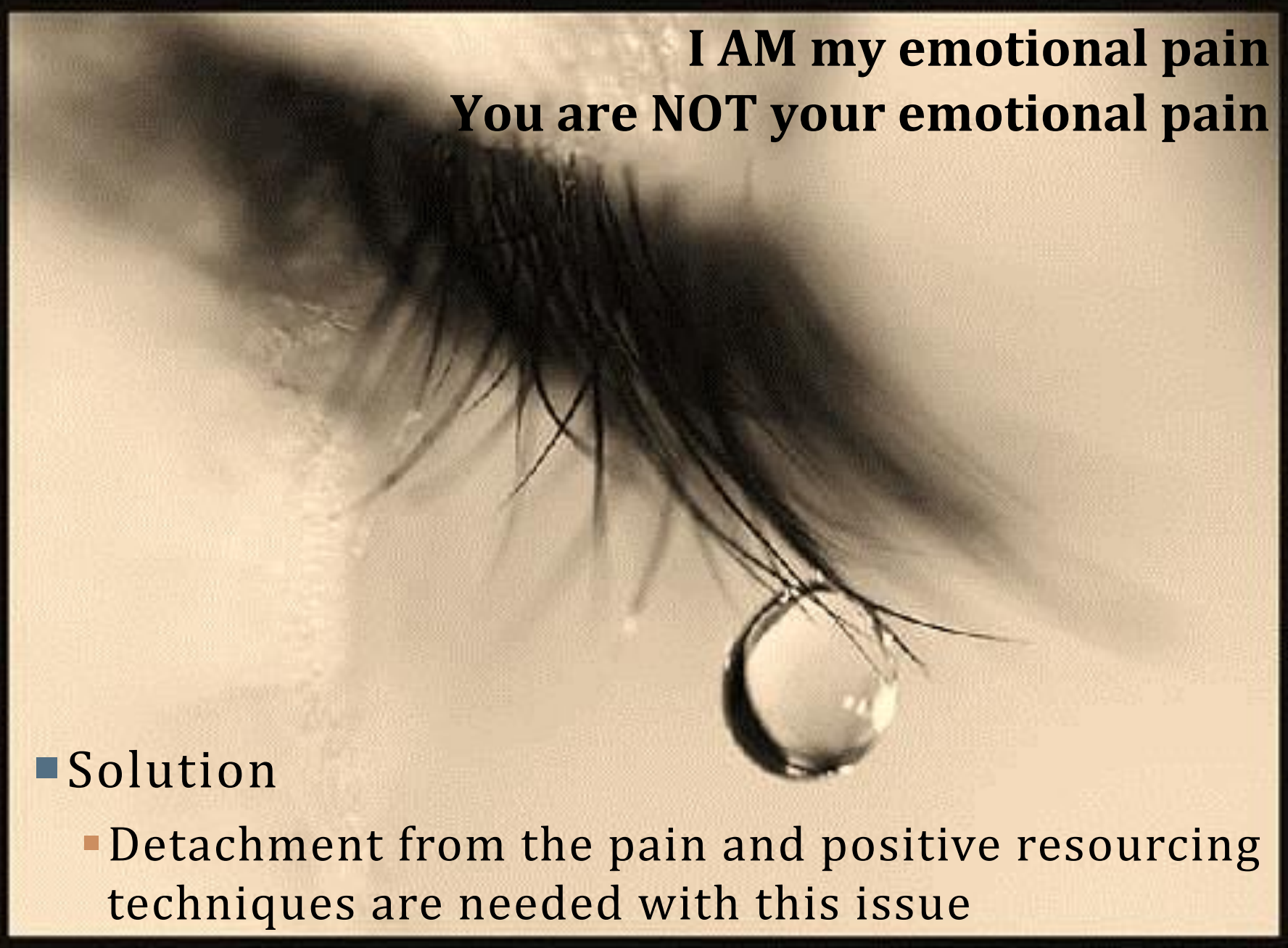
# THE VOID/DEATH AND REBIRTH

- A.H. Almaas' *THE VOID*, outlines the perils & gifts of this energetic dimension
- Place between our metaphorical death & sense of self re-birth
- You don't know who you are or will become
- Solution
  - Read the book
  - How do you deal with the void? What has helped you move through this place & feel safe & trust?
  - Help your client feel safe, and find trust that they will eventually move out of it
  - Meet more often & do more positive resourcing

# SELF AFFIRMATION

- If no one ever affirmed me, how do I affirm myself?
- “My parents never confirmed me, ‘How do I learn to confirm myself?’”
- A great question & a difficult one to answer
- Solution
  - A spiritual source can help
  - Build more positive intuition & intention
  - Look at emotional issues around the negative intention





**I AM my emotional pain  
You are NOT your emotional pain**

■ **Solution**

- Detachment from the pain and positive resourcing techniques are needed with this issue

# IDEALIZED SELF IMAGE

- Destroyed or Defended
- All of us have an idealized self image that can be released.
- The release of this idealized image enables us to explore a deeper truth
- Solution
  - Go slow
  - Let them set the pace unless it looks like you are avoiding the “elephant in the room”
  - Journaling about their idealized self-image is a gentle method of exploring what is there



# NEGATIVE EGO

- Clients need to be able to recognize where their negative ego is & track it
- Solution
  - Helping clients identify the negative ego vs. all of who they are helps them detach enough to find their positive ego

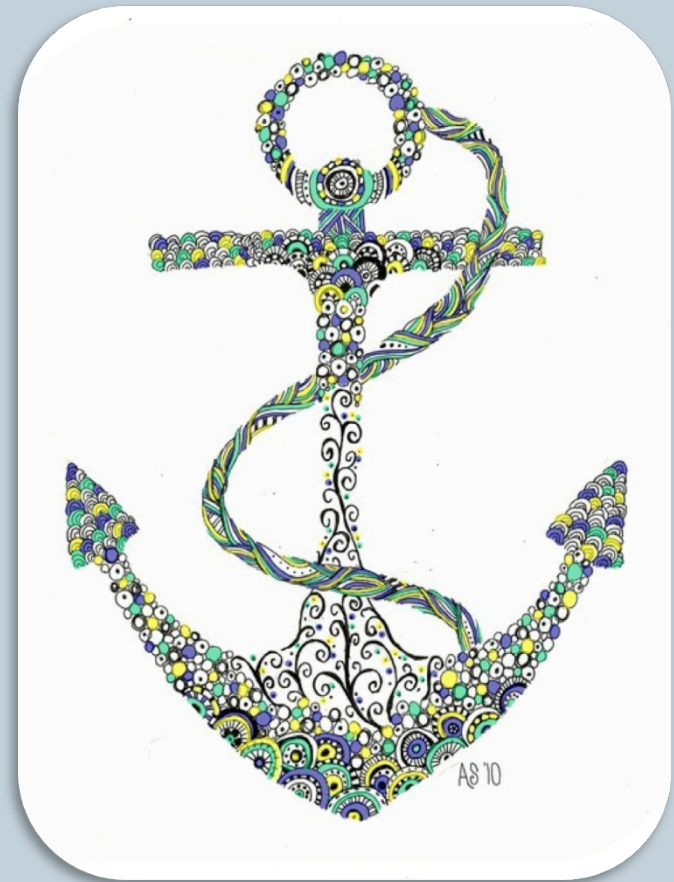


# SURRENDER

- Just let go and surrender!
- Solution
  - If someone is not surrendering, then chances are their ego has been activated & they are in defense
  - Help them create trust & safety so they can let go
  - May be most difficult for Excel & Spiritual structures
  - Connect them to their body & to feel sensations, then to melt into the sensations
  - Make sure they focus on what they *can feel* and *not what they can't*

# I AM NOT ENOUGH

- This is a core belief most of us hold and almost every client will encounter at some point
- Solution
  - Help them anchor into their true self deeply enough so that even in the times of trial they don't lose connection with who they really are



# INTEGRATION

- It is important to really allow time for your client to take in & integrate one level of growth before their energetic container can be strong enough to launch into the next level of work
- Solution
  - Help them feel the “new growth” as somatic sensations in the body and link it to a positive image in their mind
  - “Which System Holds the Truth” can help with this

# SELF-SABOTAGE

- Everyone that has a shadow, also has a saboteur
- Solution
  - Working with cords & archetypal energy can help shift this
  - Help them feel the energy of their saboteur so they can know & confront it at the deepest level
  - Help them explore their shadow yet not be defined by it



# HITTING A WALL – BEING STUCK

- There is expansion, contraction and stasis. Stasis can feel like being stuck or hitting a wall
- Solution
  - Explore negative intention, separated-self, and shadow work
  - Help your client investigate
    - How are they better served by staying where they are?
    - What does the metaphorical wall look like & what does it represent?
    - What positive aspects of their soul or true self need to return in order to feel safe and trust they can move forward?
    - What is the shadow aspects of being stuck?

# AUTHORITY ISSUES

- We all have them. Depending upon your personality type they may be easier or more challenging.
- Ultimately authority issues are about developing your own internal authority so that you don't rely on someone else to define who you are.

# NEGATIVE INTENTION

- Anytime you feel you are doing more work than your client, the client may be in negative intention. In terms of the Rhythm of the energy, this tends to happen right before an expansion begins or during an unhealthy contraction.
- Solution
  - Teach client about negative intention & help them investigate how it subconsciously supports them
  - Often times, negative transference happens at this point or is even the cause of negative intention, explore this possibility with the client



# AUTHORITY ISSUES SOLUTION

- Help your client to find his or her self at the deepest level so they know who you are even when someone else is defining them in a negative manner
- Explore family dynamics.
  - How did mom & dad act as positive or negative authority figures & what negative or positive images & beliefs grew out of this?
  - Look at his or her relationship to the “heavenly” father & mother. Sometimes authority issues develop into being angry with God, an ultimate authority

# ROOT OF ADDICTIONS

- Roots of most addictions are the feelings of wanting to be saved and feeling not enough
- Solution
  - Additional training may be required
  - You can also ask client to join a support group such as AA or NA to compliment your work
  - Helping them find the place of NO HOPE is key



# PLACE OF NO HOPE

- This place of no hope of being saved or rescued by another will be their real work
- Helping them know that not even you can save them
- Doing developmental work is extremely productive
  - Especially young wounding and birthing issues
- I've seen miracles, yet usually is a long-term therapeutic intervention
- Trauma work & positive resourcing are key

# TRUE HAPPINESS

- When you know what it is to be satisfied through an internal source, then you know true happiness
- Helping a client find this experience in their mind-energy and body systems can be considered the ultimate goal
- Solution
  - Doing deeper body-centered trauma, shadow and positive resourcing work will allow the client to evolve and master this over time

# PUER, PUELLA ETERNUS

- Forever young energy – Peter Pan
- Especially in Boulder area, you may find many clients holding this archetypal energy
- They don't want to grow up & be responsible
- Negative images about what it means to be an adult abound



# PUER, PUELLA ETERNUS SOLUTION

- Help them explore & change their false images & beliefs about what it means to grow up
- Help them master any feelings of inadequacy & beliefs about “not being enough for the job”
- Often they feel they can’t be successful or they want someone else to care for them instead of them having the power & strength to bring abundance to his or her self as well as others

# HIGH VIBRATIONS

- A speech given by Nelson Mandela expresses this issue well. It is our light we are most afraid of, not our darkness. Many clients will fight taking in their light
- Solution
  - Positive resourcing and saboteur work helps shift this dilemma

*“OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE. OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE.”*

# EXISTENTIAL FEAR

- Everyone has if they do deep enough work
- If we can meet our existential fear, we do much to heal our shadow and shift the subconscious & separated self
- So much of our saboteur, separated self & shadow is to protect ourselves from feeling this fear
- Facing this daemon and knowing you can survive & even thrive afterward is an important milestone



# EXISTENTIAL FEAR SOLUTION



- I recommend table healing for this level of work unless your client tends to collapse or disassociate on the table
- Go very slow and combine it with positive resourcing
- Make sure you don't over stimulate the nervous system

# CRYING – RECEIVING LOVE

- Often when a client finally lets his or her self take in and feel love, instead of feeling happy and good, they cry
- This is because they also feel the sadness around the times they didn't get love
- Solution
  - Explain this to them and over a period of time, the volcano of the past will dissipate and joy will take its place

**THANK YOU!**

**Carolyn Eberle, LPC Founder & Author**

