

Are you interested in naturally healing your eyesight?

In the UK, millions of people have eye health issues and wear glasses or contact lenses. Even if you don't, many of your clients certainly will! Did you know that there's an emotional connection to all eye health issues, even short-sightedness, long-sightedness and astigmatism. Are you interested in uncovering these connections and improving your eyesight?

Our vision is a crucial part of our sensory system: it is estimated that 40% of our perception comes through seeing, 40% comes through feeling, and the remaining 20% comes through hearing. Therefore, what we feel when we see accounts for 80% of our perception!

A transformation in integrative eye health

There is a new system for understanding all health issues, which transcends and integrates the existing modern, complementary and alternative health approaches. META-Medicine is an advanced system that explains why we get health issues, from watering eyes, spots and skin rashes to diabetes, heart disease and cancer. META-Medicine shows:

- 🕒 How our symptoms are *always* meaningful
- 🕒 How and *why* illness begins
- 🕒 How there is no disconnection between mind-body-social environment
- 🕒 How all dis-eases are actually a *process*, not a fixed state. This goes for short- and long-sightedness too!

Once we understand this information and how it fits into our own lives, we are empowered to heal - we can choose the right solutions to help us overcome our health challenges.

How does this new approach work?

The goal is to find out the *cause* of the problem, whether it's a vision issue or any other health challenge, and treat the cause, rather than simply ameliorating the symptoms. We use a five-step process:

- 🕒 Understand the meaning behind the symptom
- 🕒 Find the root cause
- 🕒 Determine where the client is in the dis-ease process
- 🕒 Ascertain the underlying emotion of the dis-ease process
- 🕒 Create a therapy plan for overcoming the issue

Step 1: Understanding the meaning behind the symptom

What's your perspective on the meaning of illness? Do you think it's the body making a mistake - or do you think it's a highly meaningful response to a specific stimulus? Modern medicine sees symptoms as the body's mistake, and therefore seeks to suppress or counteract them. If we develop short-sightedness, we wear corrective lenses. It seems to make sense. Even many complementary and alternative therapies seek solutions (albeit more holistically!), without understanding the cause of the problem first.

META-Medicine demonstrates that the body never makes mistakes - instead, its reactions are always highly meaningful. Our symptoms arise in response to life events, with the goal of overcoming challenges, restoring balance, and ultimately, ensuring survival.

Every organ in the body plays a specific role in maintaining balance and ensuring survival. To find out why an organ develops a symptom, we need to understand its function. For example, consider the function of tears: they are an expression of emotion. So if we have dry eyes, this is not the body making a mistake. The dry eyes show our inability to grieve, the inability to cry about a shocking, sad event, like losing a beloved one.

Step 2: Finding the root cause

Why do we get eye problems? Common explanations include spending too long in front of a computer screen, using inadequate lighting, or - as we heard as children - not eating our carrots! We often develop the same eye issues as our parents, which is usually taken as a sign that we're victims of our genes. Interestingly, it's more likely that we've unintentionally taken on their beliefs and emotional patterns - for more information on this, see *The Biology of Belief* by Dr Bruce Lipton.

META-Medicine goes beyond the current ideas about risk factors. They are only part of the picture - they *may* predispose us to developing certain health issues. What actually begins a disease process is a shock, a significant emotional event: a negative experience that is unexpected, emotional and dramatic. If we don't know what to do, we respond by freezing rather than immediate fight or flight, and the body's emergency programmes take over.

The emotion felt at the time of shock will determine which organ responds. The emotions that cause eye problems are visual shocks (the body responds logically and intelligently!)

Common examples include:

- 🕒 Visual separation: losing sight of somebody - different types of separation are related to eczema around the eyes, eyelid problems, conjunctivitis and cataracts;
- 🕒 Visual self-devaluation - inferiority about not being able to see something leads to eye muscle problems;
- 🕒 Visual disgust conflict - causes styes;
- 🕒 Fear of the future, or of seeing a distant danger, and wanting to see it better - causes hyperopia, or long-sightedness. Many people in their 40s and 50s get long sightedness because they want to see what's going to happen in their future;
- 🕒 Fear of the future or an event in the distance, and wanting to see what's close and safe -





critical in understanding the mind-body reaction and for the healing process. The significant emotional event may have occurred a long time ago and the emotion felt at the time of the shock is still present. This explains why a process becomes chronic.

Step 5: Creating a therapy plan for overcoming the eye issue

Because we understand through META-Medicine that dis-ease is a process - not a fixed state - we see the possibility for overcoming the issue and resolving all aspects, mind, body, socially and environmentally, rather than simply addressing the symptoms.

Once we understand the client's situation, we work together to create a plan for healing:

- ☺ Mind - resolving the emotions and negative thoughts about the shocking situation. Effective techniques for release include hypnosis, NLP and EFT. This is the most important area for healing, because it's emotion that starts the dis-ease process in the first place;
- ☺ Body - this is where many complementary and alternative therapies, such as acupuncture, nutritional support, homoeopathy and vision training, are extremely valuable;
- ☺ Spirit - gaining the lessons from the issue and evolving consciously. For example, learning to see life and your future more clearly;
- ☺ Social environment - actively changing your interactions with others, behaviour and life. Coaching can be useful here.

How to find out more

If you'd like to learn more about META-Medicine and the Eyes, join a special seminar in Birmingham on Friday 21st - Sunday 23rd November 2008, with Dr Kwesi Anan Odum, META-Doctor, ophthalmologist and one of Europe's leading specialists in the *bio-psycho-social* understanding of eye problems.

On the course you will:

- ☺ Discover the specific emotional cause of your short-sightedness, long-sightedness or astigmatism through a personal mini-diagnosis;
- ☺ Gain a holistic understanding of all the major eye health problems, such as glaucoma, macular degeneration, conjunctivitis, lazy eye and other issues;
- ☺ Learn the principles behind META-Medicine, and discover how to use this advanced diagnostic approach to help your clients and enhance your practice;
- ☺ Understand the connection between our eyesight, emotions, behaviour and social environment;
- ☺ Start to overcome your vision problems through a therapy plan, addressing the root cause and learning effective vision training exercises. TT

If you've missed this seminar, don't worry - Dr Kwesi will be back in 2009! Please call META-Health Coaches Robert or Joanne on 0845 838 6787 or email info@metamedicineuk.com for details.

causes myopia, or short-sightedness. For example, teenagers who fear impending exams.

These are just a few very basic emotional themes - each area of the eye has a very specific meaning and emotional connection. During a META-Medicine diagnosis, we piece together the meaning of the particular organ with the shocking event that happened to the client, often even uncovering when the shock happened and who it was with!

Step 3: Uncovering where the client is in the dis-ease process

There are two phases to *all* illnesses: the stress phase and the regeneration phase. During the stress phase, we often notice:

- ☺ Mind: compulsive thinking about the shocking event - in this case, the thing we saw or couldn't see - and how it made us feel;
- ☺ Body: sympathetic nervous system, with cold hands and feet, sleeplessness and suppressed appetite;
- ☺ Social environment: avoiding the place or person the shock involved, and behaving differently with others.

When we overcome the shock, we move into the regeneration phase, where the body repairs and

rebalances. We observe:

- ☺ Mind: quieter and more peaceful mind, no longer obsessing;
- ☺ Body: parasympathetic nervous system, with raised peripheral temperature, increased appetite and greater need for rest and sleep;
- ☺ Social environment: normalisation of behaviour, although usually less energetic and more introverted, as all our energy goes into healing.

Although the second phase is the healing phase, this is often when we experience most symptoms. For example, conjunctivitis and cataracts are second phase symptoms.

During a session, we use all the indicators above, as well as an understanding of the biology of the organ involved, to work out which phase a client is in. If they are still in stress, we need to help them get out of first phase and into second phase. If they are already in regeneration, we can put in place supportive measures to make healing faster and less painful or problematic.

Step 4: Ascertaining the underlying emotion of the dis-ease process

The emotion felt at the time of the significant emotional event will determine which organ responds. Uncovering the emotions is therefore