

## *Cleansing the Body from Dis-Ease*

### Interview with Mirabai Devi

*What are the most common manifestations of diseases?*

Cancer, AIDS, Alzheimers, arthritis, auto-immune diseases, diabetes, heart disease, strokes, obesity, Parkinson's, and much more.

*What are the underlying causes of disease?*

Emotional or mental unhealed trauma or wounding passed down in the DNA or held in the DNA from childhood or previous lifetimes.

*Why are we experiencing so much physical illness in the world today?*

There are two main causes for vast physical illness in our world today: the first is because of the chemicalization of the earth. The rise in genetically modified foods, the chem-trails and chem-bombs that are being sprayed, and the toxic chemicals that are put into our environment through our food, water, air and environment.

The second cause is an emotional one: fear and anger are two very strong human emotions of which most of humanity doesn't know how to balance. Fear and anger cause us to live in tremendous negativity which manifests in all kinds of physical disease.

*With all that's happening in the world today, how can we best manage our fear and anger?*

Mantra and meditation transmutes fear into love and anger into peace. These two spiritual tools are vital in creating less stress and helping to transmute the negativity.

We must cleanse the family and lineage karma, and cleanse our own belief systems and layers of negativity wherever we feel emotionally challenged, including hurts, resentments, pain or other form of suffering that we may be carrying.

Combination between the emotional stressors of fear and anger and the toxic environment creates the disease.

*How do our genetics play into this?*

Genetic disease is a manifestation of the genetic mental and emotional trauma or negative belief systems that are handed down through generations that help to contribute to the disease. Everything is energy

*How is my physical well-being connected to my emotional and mental well-being?*

Being emotionally or mentally challenged with pain will cause the area of the body that corresponds to that specific emotional or mental issue to become blocked. It will eventually break down and form into physical disease, especially in a toxic environment that has not been cleansed.

We must work on ourselves to balance all areas: physically, spiritually, emotionally and mentally. Cleansing our bodies on a regular basis is as important as our spiritual practices.

*So our bodies are like a mirror to our emotional and mental wellbeing?*

Yes, our body is nature. And nature is reflective like a hologram. What we project, whether it is an emotional or mental state, will naturally manifest itself in our physical body.

*In the past you've talked about emotional pain. Can you share about what this is?*

Emotional and mental pain is sometimes worse than physical pain, and is often what brings the soul back into the body to heal and focus on. Emotional pain is the underlying pain of many illnesses, whether it is a family or lineage pattern or an individual pattern, one way or another it needs to be resolved.

*Why is cleansing so important?*

Cleansing releases the belief systems and layers of toxins that are built up on a mental and emotional level that are causing the imbalances in our mind, body and spirit.

*How does the results of the cleansing?*

I've seen people with very serious illnesses and physical manifestation of trauma be cleared quite rapidly of physical pain and suffering after being cleansed. When we do the forgiveness prayers, breathwork and meditation every day we can experience a radical cleansing effect in our mental, physical and emotional well-being.

*These practices will help if I or one of my loved ones has been diagnosed with disease?*

Yes, when we do the forgiveness prayers, breathwork and meditation every day you will start to reverse the disease. It's all made out of energy, and even the disease can be reversed through addressing the imbalances.

*May I do a mantra or forgiveness prayer for someone else?*

Yes, however you must be careful when you do this. When doing a mantra for another person you must state up front that you don't want to take on their karma or pain, and when doing the forgiveness prayers you must have clear guidelines before doing them.