



The Emotional Roots of Viruses And How to Heal Them

Alpha Grace, PhD

Over the last 25 years, I have become more and more interested in what I might call the hidden reasons for sicknesses of all sorts.

Working with patients, I noticed that medicine didn't have an explanation for some of their significant experiences. As I learned about spiritual warfare and emotional blockages, it seemed obvious these were key components lacking in a medical treatment plan.

I realized that conventional medicine, for the most part, had significant limitations in helping people live lives free of dis-ease—a life of wellness and wholeness. But, as I found others with a wellness focus, I found that many of holistic practitioners rejected conventional medicine completely.

So often, humans swing from one extreme to another. Doctors, and those in the medical community, are either almost worshipped, or they're despised. I think a more moderate approach is closer to the truth and a better way to live life fully and abundantly.

Medicine isn't all there is that's helpful, but it is the best place to go for many conditions. If you fall and break your arm, you need someone who's skilled to set it. If there's a chemical imbalance in your system, you may need the help of medication to balance you. If you've been in an accident, you may need the skills and abilities of the emergency personnel on the scene and at the hospital to survive.

It is fair to say that medicine is focused on an absence of illness, which is not the same thing as true health and wellbeing. For that, you may need better nutrition, supplements, and exercise. And you may need the help of various professionals trained to assess your needs and goals and help you make the right choices to achieve those goals.

But no amount of nutrition and supplementation is going to set your broken arm. It may work too slowly to heal a critical chemical imbalance. And, it probably won't do you a lot of good on the scene of an accident. Will they increase your healing and provide better outcomes? Undoubtedly. But both are needed.

My opinion is that conventional medicine and alternative medicine are both of value. They are both—or maybe it would be better to say all—tools to help you survive and live a better life. But just as with any tool, you need to know what tool to use when and where for the most optimal success.

A screwdriver will not help you get a nail in the wall to hang a picture, and a hammer will not screw the cover on the light switch. That doesn't mean the screwdriver is good, and the hammer is bad, or vice versa, it just means that they were created for a purpose and you'll get the best results if you use the right tool for the right job.

So it is in the realm of our health. Consider your options and make the decision that fits your situation the best. If you find something better later, then switch to that. But don't feel any condemnation for making the best choice you can where you are.

Introduction

Spiritual and Emotional Health

As people are becoming more and more interested in overall health, being vibrantly alive and not just not ill, they recognize that **it isn't just the physical realm that they may need healing in.**

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We are triune beings. We have a body, soul, and a spirit. And you can't separate them. Physical issues will take their toll on the spirit and soul just as much as issues in the soul can take their toll on the physical and spiritual, and spiritual issues will affect the soul and body.

In our search to understand any of the three areas of our beings, we often have ignored the other two. That's not a bad premise to start with, it's easier to study something and see how it works in isolation than as part of a complex whole. The problem is when we don't bring that understanding back into the greater whole and seek to understand how it affects the rest of our being as well.

The difficulty, of course, is that **we are all created uniquely and are very complex creatures.** So it's difficult to find a definitive answer. When you're dealing with a bacterial infection, the physical processes involved are well understood in the physical realm, but not necessarily so in the emotional or spiritual realms.

In the discussion of the physical and emotional roots of viruses that follow, understand that **I am giving you a set of tools that may help you.** Emotional and physical roots of any disease have some similarities between people, but there is still a lot we don't know.

I've gathered various resources that discuss them, and there is some consensus, but they don't all say the same thing. I'm going to share with you what I've found, and give you tools to address the root causes and point you toward other resources you might find helpful. **This is a toolkit, see what tools you think will benefit you the most and start there.**

Viruses

I'm sure you're shocked, amazed, and astounded that I'm starting with viruses, since at the time I'm writing this we've heard about little else for nearly 2 years. At the beginning of the pandemic, I recognized that fear was something to combat against.

I became very selective in what news I consumed, who I followed in the media and on social channels, and what I posted on social media. I sought funny things to post, not to be flippant or callous, but to intentionally come in the opposite spirit from the fear.

I knew that **fear and anxiety were detrimental to the immune system.** I didn't realize how **closely they were tied to viral conditions** until I gathered the research I'm using for this newsletter.

Most of my sources cited similar root causes for viral issues. But, there are some differences, so carefully consider which might apply to you. **Allow the Holy Spirit or your intuition to guide you towards the root issue that fits your situation the best.** Do not allow condemnation to come into play. We all have issues, we all have experienced difficulties in life past, present, and will in the future.

It's part of being on the earth. That's not to say that I recommend meekly accepting difficulties. No, avoid them and fight them where you can, but understand difficulties are part of the human experience. Our goal is to overcome them so they don't negatively affect the rest of our life, but **there is no shame in having to walk through rough and traumatic experiences.**

I also caution you against comparing your journey with anyone else's. One phrase we've heard ad nauseam in recent years is "We're in this together." In once sense, that's true—we're all going through the same storm, but we're not all having the same experience.

Some of us are and have been more affected by the storm and some of us were better prepared before the storm began. And, this is true of all of life, not just pandemics. **Difficulties are common, but our responses to them are as widely diverse as we are.**

Give yourself the grace to go through and work through your own experiences. This isn't a race where you compete with others, it's a race you just need to finish to win. Hopefully, the tools here will help you to do so well.

Emotional Roots of Viral Conditions

I've included colds, coughs, the flu, and respiratory issues on the list. I'm not diminishing COVID-19, it's not just a cold or flu and can have other odd effects on the body, but it shares many similarities with cold and flu viruses that I feel the roots are generally the same or similar.

Partly because of how the media has been filled with fear, anxiety, and stress—almost to egg the pandemic on, although I'm certain that isn't the conscious intent of most people.

Emotional roots of viral conditions include:

- Fear
- Anxiety
- Stress
- Decreased self-esteem

- Unkind feelings
- Confusion
- Nervousness
- Criticism
- Annoyance
- Mass negativity
- Fearing the worst
- Grief
- Lack of Approval
- Lack of Love,
- Bitterness
- Depression
- A Lack of Joy

Sounds very familiar, doesn't it? It seems like all the above are incredibly common, especially as it's related to the pandemic. Even if you've been careful to avoid the chaos as much as possible, I'm not sure you could evade it all entirely. It's so pervasive.

The Toolkit

Take note of any of the roots above that resonate with you and work through any or all of the following tools for them as a group or individually. Repeat as needed. Often, especially if this has been a longstanding issue for you, your system has a habit to overcome, so the repetition helps to rewire your system towards the positive and for ongoing healing and wholeness.

I've also written a series of books that address specific emotional issues that have additional tools that might be helpful to you.

Visualization

Picture yourself gathering up all the negativity, starting at the tips of your toes and working your way up through your whole body. When you get to your hands, you can place that mass of yuck in a container, hand it to Jesus Christ, place it at the foot of the cross, or whatever picture works best for you.

When you are done, ask God to fill you with the opposite in all the places the yoke was. You can picture that filling in all the spaces from the top of your head to your toes.

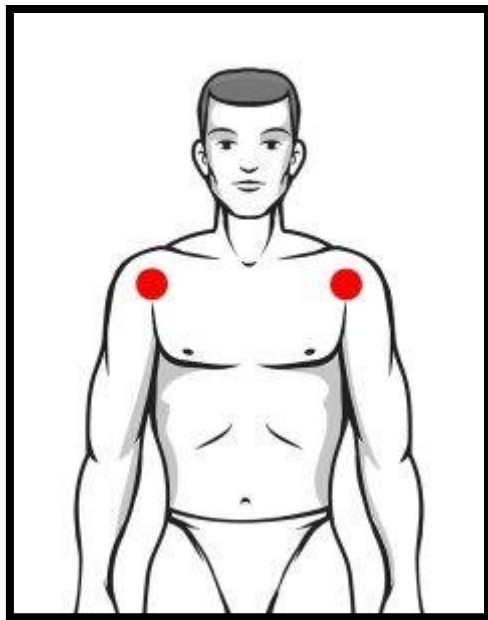
Energetic Release

And I do mean real energy, like electricity. Negative emotions can get stuck in our systems, but we can easily release them using circuitry and intention. Circuitry because it operates much like the electricity in your house, where the light bulb is off until you flip the switch.

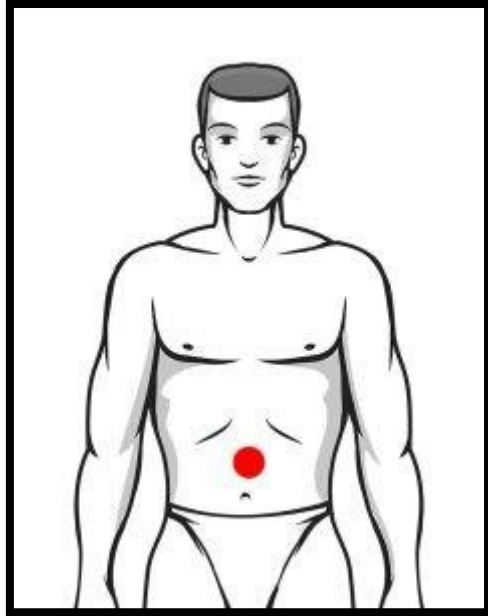
This completes the circuit, allows the electrical energy to flow, and the light turns on. Intention because it is our intention to release the negativity that is the key to unlocking it. You use your hands and touch certain points depending on where the emotion is stored, or on which circuit.

With one hand, touch one of the points on the diagrams to follow with your fingertips and with your other hand, touch a head point with your fingertips. Touch your forehead if this feels like it's always been an issue, touch the top of your head if you feel it is coming at you from someone else, touch your left temple if it's mainly in the past, or touch your right temple if you feel this about the future.

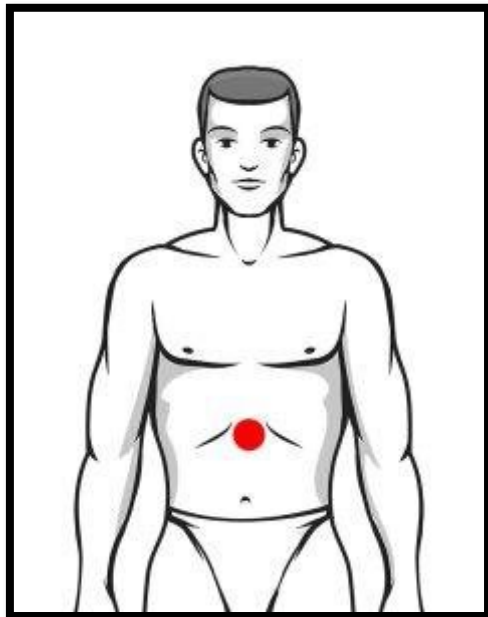
Think about releasing the emotion related to that point. You don't have to feel the emotion, or identify its source, just intend to release the emotion. Hold for a few minutes or until you feel the energy release.



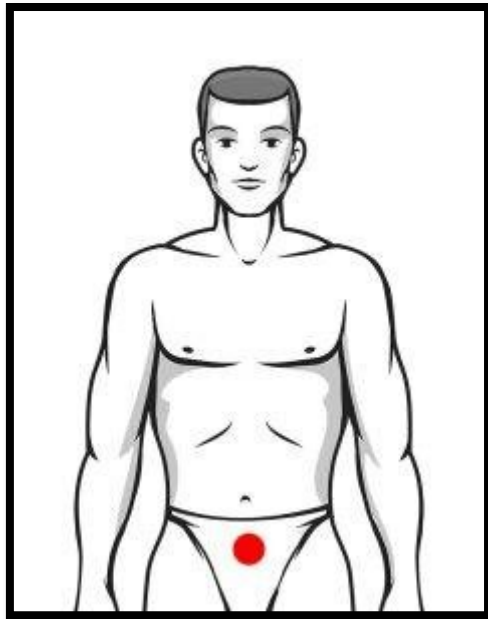
Lung: sadness, grief, lack of joy, lack of approval, unkind feelings, criticism,



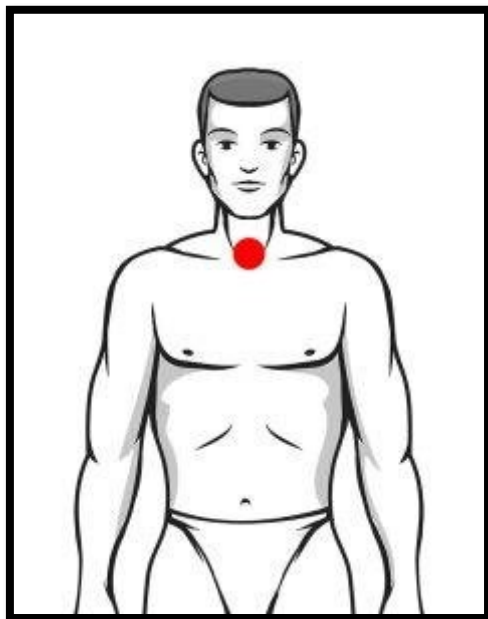
Stomach: anxiety, worry, bitterness, mass negativity.



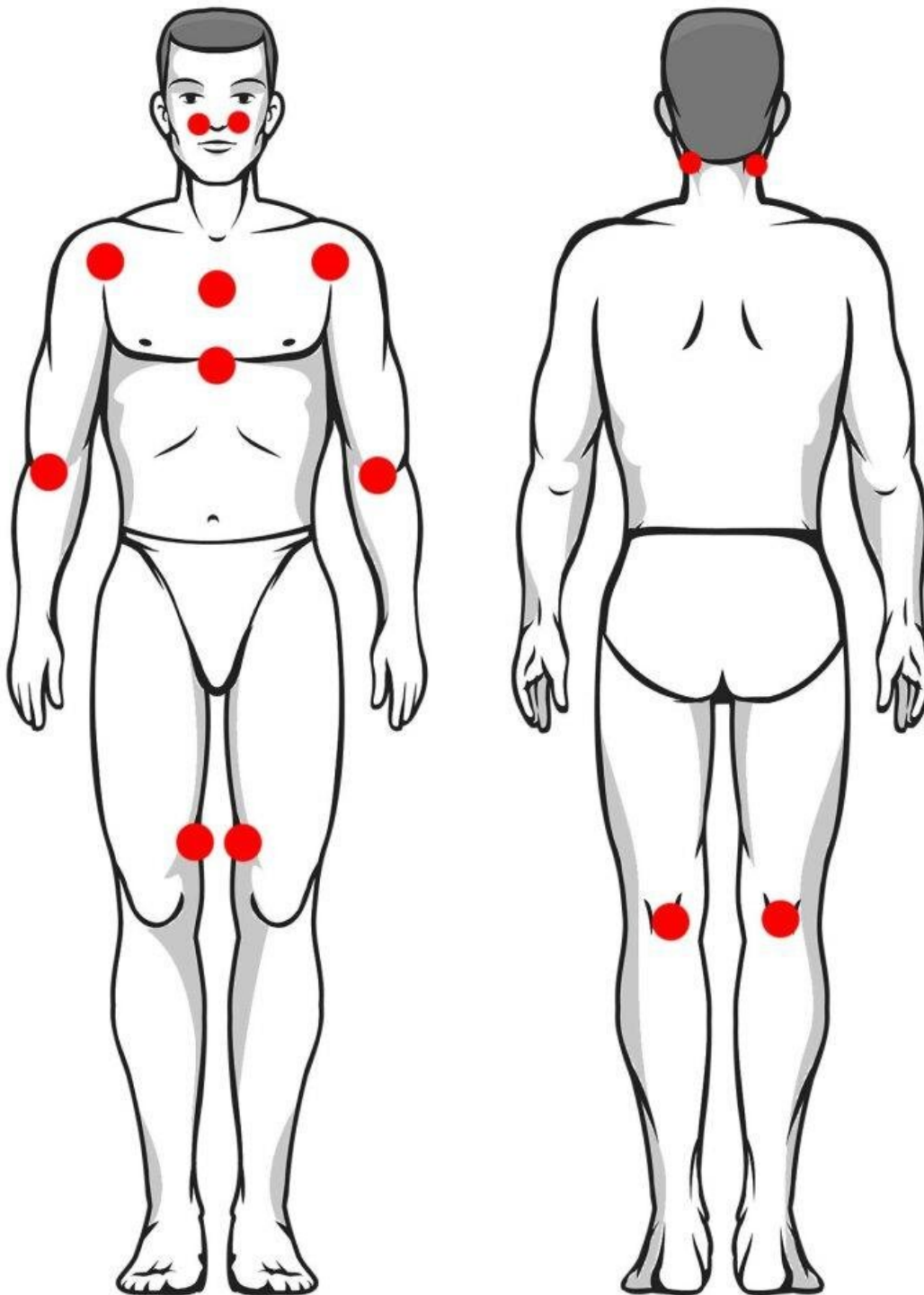
Adrenal: confusion, stress, decreased self-esteem, lack of love.



Bladder: fear, nervousness, annoyance, fearing the worst.



Thyroid: stress, depression, loneliness, isolation, panic.



Body energy centers

Tap with your fingertips gently on one of the points shown above for thirty seconds to one minute twice.

Resources to Support You on Your Journey

Books by Me

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These cover the roots and healing of specific negative emotions in more detail and have other tools than I've given you here. The tools are the same in each book, so you can purchase one or several depending on what you desire.

Are you terrified of being rejected?

Do you keep others at a distance so they won't reject you? If so, you may need some healing from rejection.

Rejection tells you that because you were rejected once, or several times, you will always be rejected. Rejection tells you that you always have to keep your guard up and that vulnerability is dangerous. Rejection tells you to reject others before they reject you. **Rejection lies.**

Are you anxious and afraid?

Do you fear the present or the future? Does worry consume your thoughts? If so, you may need some healing from anxiety.

Anxiety tells you that the future is scary, and gives you pictures of all the horrible things that can and will go wrong. It churns all the fear in your stomach until you want to run away and hide. Anxiety says that nothing good will happen to you. **Anxiety lies.**

Are you plagued by remorse?

Are you overly self-conscious, afraid that people will discover your deepest secrets? If so, you may need some healing from shame.

Shame tells you to hide. You're the only one who struggles with these things. Look, everyone else can do ___ better than you. You're never going to get over this. No one will accept you if they knew this about you. **Shame lies.**

Do you get out of control when upset?

Do your friends and family feel unsafe when you are angry? Do you fly into a rage easily? If so, you may need some healing from anger.

Anger tells you that it makes you powerful. Anger tells you that it's good for your friends and family to be afraid of you when you're upset. Anger tells you that it's just how you are and that you cannot change. **Anger lies.**

Do you often feel confused or easily muddled?

Do you find new things very difficult to understand? If so, you may need some healing from confusion.

Confusion tells you that you're not smart enough to understand even simple things. Confusion says that you've always been confused, and always will be. It tells you that everything is too confusing for you no matter how hard you try to understand.

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Confusion lies.

Essential Oils

I highly recommend natural essential oils and have been using them myself for many years now. I trust the authentic essential natural oils . You can order for them from our online stores !

Our home natural Confidence Oils may help you:

- *Be comfortable being yourself in social situations*
- *Feel worthy of good things like love, friendship, money*
- *Make better decisions and seize opportunities without issues of self-doubt creeping in*
- *Have a stronger sense of identity*
- *Show off your personality to the world*
- *Recognize your unique gifts and abilities*
- *Stop comparing yourself to others*
- *Stop searching for others approval*
- *Find that happy point between insecurity and pride.*

Good Grief tural oils can help with:

- *Crying if you need to, or stopping it if you can't quit*
- *Going the fastest route through the grieving process*
- *Soothing during a time of emotional distress*
- *Releasing emotional pain of heartbreak and co-dependency*
- *Releasing painful emotions*
- *Assisting with relationships that end*
- *Lifting up a heavy heart*
- *Facing difficult situations*
- *Neutralizing any kind of trauma*

Stress-Less natural oils may help with:

- *Helping regain balance and flexibility*
- *Increasing in intuition, patience, kindness, grace and proper left/right brain balance*
- *Facilitating deep natural relaxation*
- *Easing fears and anxieties, usually through dreams*
- *Moving to a new level of peace, joy and fulfillment*
- *More calming and clearer thoughts*
- *Insomnia*
- *Releasing stored tension*
- *Increasing spiritual insight and awareness*
- *Going at the right speed for you*

Tomorrow natural oils may help you:

- *Believe that change for the better is coming*
- *Trust that you are moving forward in the right direction*
- *Cycle out of negativity and cynicism*
- *Be optimistic about your future*
- *Restore lost hope and lost faith*
- *Refresh your vitality and enthusiasm for life*
- *Quiet a busy mind and ease anxiety*
- *Let go of attachment to certain outcomes, while still maintaining hope and excitement.*
- *Go with the flow*
- *Think positive, even though you don't feel like it.*

Healing Music

Music created with the intention to heal and using specific frequencies may uplift you and keep your heart at peace at all time.

For more personal assistance and guidance, please write :

Email : contact@alphagrace.fr

Or send a message to : 0041 76 518 9725