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THE ENERGY BEHIND  
ILLNESS & DISEASE

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# WELCOME TO MODULE 2

## The energetic aspect...

*Welcome to module two: the energetic aspect of Resetting Your Health. We are going to explore the energy behind illness and disease and bring to light many of the misconceptions that stop us from consistently living with an energetic approach to health and wellbeing. Our body is magnificently honest and extraordinarily intelligent, we just need to be able to speak its language and be open to listening to what it shares with us. Symptoms, bodily functions, illness, disease, all of these things can be taken to a whole other deeper level. Approaching your health, illnesses or any physical symptoms from an energetic perspective is not only responsible, it is also very enriching.*



### THE BRIGHT SIDE

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*It can be really difficult when you're living your life with illness and disease and you don't know why you have it, or understand the purpose at a deeper level. It can feel like it is all random or unlucky, like being struck down by lightning. . . but this is actually far from the truth. It can be very challenging to accept the initial upheaval of a reduced level of health, especially when the illness is causing a lot of change in your life but it can also be a massive growth point that changes your life in just the way it needs to. Dealing with illness can be a very humbling moment, a shake up in our priorities and as difficult as it is, it can be a blessing in disguise that offers us a lot of growth. We have had the honour of working with many amazing people who inspire us with their approach to illness, using it as a time to reflect and a conduit for immense positive change. This approach is extremely freeing, not only for people going through illness and disease, but also their family and friends.*

# STOP Moments

Stop moments are really important and illness and disease isn't the only stop moment that we get in our lives. We have car accidents, job changes, relationship breakdowns, family dynamics, or people entering or leaving our lives. Sometimes pregnancy can be a massive stop moment or a near miss can be a massive stop moment. Many people need illness and disease to support them to have a stop moment. A stop moment is always an opportunity, an opportunity from our soul to stop, re-align, readjust, change, gain clarity and reflect on how we are living our lives. Ultimately, it is an opportunity to confirm the massive internal shift (evolution) that has resulted in a physical shift, presenting as illness or disease. Or an opportunity to make a change because the way that you are living is overloading your physical body. Do you need a stop moment to physically integrate an inner shift in your evolution? Or do you need a stop moment to relieve the momentum of disharmony your current way of living is burdening you with?

*“Stop Moments are hugely freeing because they knock us into our senses and bring to light something we have been ignoring. They give us an opportunity to change course and deepen our understanding of what is truly true for us. Without stop moments, we live ground hog day over and over again with no true awareness of what that type of day is doing to us. If your current pattern of living was loading you with disharmonious energy that was not healthy for you, would you want to know? If your answer is yes, then you have found the beauty in stop moments.”*  
*Rebecca Poole*



# OUR Relationship WITH ILLNESS

Can there really be a purpose to illness? ? ?

When we start becoming aware of a dis-ease or a symptom subtly showing itself it can be tempting to ignore it and carry on as usual . . . in other words pretend to ourselves that we are fine. The truth is, illness is not something to avoid, it is something to work with, learn from and be honest about. Why would you want to stop yourself from clearing the disharmonious energy that brings you down in life? Your illness can bring to your attention many things that you weren't consciously aware of. It can alert you to areas of your life you need to be more honest in and it can also give you a nudge to bring greater standards to situations. When you know how to work with illness, it can become a very powerful ally.

**Sooo let's break it down. . .**

## ONE

Illness is a part of life and we need to learn to read the deeper meaning of it. Illness can be a stop moment that wakes us up from living in a way that is not healthy for us. If we are aware of what has made us sick, it can give us insight into what is holding us back in life at a deeper level. Illness can also alert us to interpersonal disharmony in social, work and family life that is affecting our health.

## TWO

Or it can be a physical and energetic clearing of old energy that you have moved beyond. A lot of "healing crises" come after someone has made a huge evolutionary shift within themselves and the illness is the necessary clearing needed to completely move on from the previous disharmonious way.

*"Illness and disease is not a punishment, it's always an opportunity. And there is always growth, evolution or a realignment on offer in the experience of the illness and disease. "*

**Rebecca Poole**

# YOUR RELATIONSHIP WITH *Illness & Disease*

Question 1: Have you ever felt bad or blamed your body when it has become ill? Please share your experience.

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Question 2: Reflecting on illness and disease now, can you see a deeper purpose to past illnesses you have experienced? Please share your experience.

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Question 3: Are you afraid of illness or disease? If so write down what you are afraid of.

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Question 4: Where has your fear of illness or disease come from? Childhood? Past experiences? Unsure?

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Question 5: Can you see a deeper purpose to illness and disease? If so, write it in your own words.

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# The most ignored truth in the world

Let's talk about one of the most ignored truths in the world . . . the fact that everything in life, every movement, conversation, behaviour, thought or action leaves an energetic imprint. . . which has a quality that either heals or harms. In other words, we are responsible for the energetic wake that we leave behind and how this impacts others. It is a crime that we don't talk about this, that we as a society don't take responsibility for how our energetic state impacts others and the energetic state of others impacts us. When it comes to taking on other people's negative energy, we are actually well capable of not being adversely affected. When we are observing life and not absorbing life, the energetic environment around us doesn't change our state of being: we just don't get raised to know this.



**Could it possibly be that we live in a sea of energy and we are actually very aware of the exchanges taking place?**

We have many sayings that demonstrate that we live in an energetic world. For example: “You could have cut the air with a knife, the tension was so thick”. People often talk about not liking this vibe or that, a house feeling cold or creepy or knowing that you don't feel welcomed no matter what gestures or words are being exchanged on the surface. But how do we deal with all this and not be impacted or go crazy trying to make sense of it? Do we shy away from what we feel, the undercurrents or dynamics? Or do we pretend it is not happening? Most people discount what they are feeling and this is the first step on the way to illness and disease. Does this shock you? If you let this statement sink in, it has to shock you. When you feel where we are at as a society in our understanding of health and the root cause of illness and disease **IT - IS - SHOCKING!!** Every moment, every interaction, every part of life has an energetic exchange and this becomes the foundation for truly understanding our body and our health on all levels. The experience of energy is a very real experience in life and the accumulation of unresolved disharmonious energetic imprints is the fundamental cause of all illness and disease.

**Question 6: Have you ever felt that an illness, sickness or symptom you experienced was caused by an ill energy, dynamic or stress that you had taken on? Share your experience below.**

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# We are first and foremost energetic beings

*We are first and foremost energetic beings, living not just as a physical body, separate from everything else in our environment, but living life with energy constantly passing through us, leaving its mark. In order to be truly healthy, we have to become much more energetically responsible, responsible for not only what we bring to situations, but how we let situations leave us. It is our responsibility (and opportunity) to be aware of the unresolved, disharmonious energetic imprints that we accumulate through our lives, knowing that these are the cause of any type of disharmony in the body from the smallest symptom to all major illness and disease. This is freeing because it's something that we are all aware of on some level of consciousness but through reading this module, you are being given permission to truly claim that you know that disharmonious interactions contribute to illness and disease.*

Question 7: What is the most disharmonious interaction/s that you are faced with in your life at the moment? How is this interaction impacting your body?

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# OUR BODY'S STRENGTH IS *honesty*

## WITHOUT IT WE ARE FLYING BLIND

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*Our body, being uncompromisingly honest, will always give us the wake up call we need to help free us from ill energetic patterns or relationship dynamics that are holding us back (often far more than we realise). Until the illness wakes us up, we can be blind. Illness is always an opportunity for growth, it's always an opportunity to come back to a deeper truth within, and live with more harmony, and a clearer way of being.*

**Our body is working with us, not against us.** *It has to clean up the “mess” we have made through accepting an ill quality of life, disharmonious situations, and dis-empowering dynamics as our normal. Its job is to discard anything that is not harmonious with who we are, anything that doesn't sit well with us, or anything that is not truly serving us. Our body cleanses our being through illness and disease.*

*One of the major ways that our body clears/discards disharmonious energy is through our sleep. So the way that we put ourselves to sleep and the rhythms that we have during the day to allow for a very deep, restful regenerative sleep is very, very, very important when it comes to having energetic health, which therefore supports your physical health. So every night when we go to sleep, it's an opportunity for our soul, for our essence, to do a stocktake, to do a review of the last 24 hours.*



# WHAT ARE WE CARRYING IN OUR *Body?*

**Question 8: What unresolved stress or heaviness are you carrying from work?**

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**Question 9: What anxiety or dis-empowerment are you carrying from work?**

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## *W*ISDOM MOMENT:

**WHAT PART OF YOUR BODY GETS MOST AFFECTED BY THE ABOVE UNRESOLVED FEELINGS?**

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# WHAT ARE WE CARRYING IN OUR *Body?*

**Question 10: What unresolved stress or heaviness are you carrying from home?**

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**Question 11: What anxiety or dis-empowerment are you carrying from home?**

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## *W*ISDOM MOMENT:

**WHAT PART OF YOUR BODY GETS MOST AFFECTED BY THE ABOVE UNRESOLVED FEELINGS?**

Blank area for writing the wisdom moment response.

# WHAT ARE WE CARRYING IN OUR *Body?*

**Question 12: What unresolved stress or heaviness are you carrying from childhood?**

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**Question 13: What anxiety or dis-empowerment are you carrying from childhood?**

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## *W*ISDOM MOMENT:

**WHAT PART OF YOUR BODY GETS MOST AFFECTED BY THE ABOVE UNRESOLVED FEELINGS?**

Large grey rectangular area for writing the answer to the Wisdom Moment question.

# ARE THERE ANY *Illnesses* WE SHOULD AVOID?

## TAKING AWAY THE STIGMA

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*So far in this module we have been peeling back the layers of stigma that stop us accepting the opportunities of healing and growth that illness presents. Without taking away the stigma of illness being a misfortune or even a punishment we can never get to the true healing on offer. Stigma, or any pre-calculated projection will stop you from sensing the deeper insight and wisdom that a dis-eased state offers.*

## IN THE FACE OF ILLNESS

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*When you are confronted with illness you can be engulfed by many (often competing) emotions. It can be tempting to look for someone to blame but this does not truly offer you settlement or the resolution it promises. The moment you are faced with illness is the moment that you have the opportunity to look within. Turning within to find deeper truth and settlement is very different to turning on yourself. Blame facing outwards or blame facing inwards is just as damaging. Guilt is also another unhealthy approach to illness and it can be worthwhile getting support if you are not feeling settled with all that you are confronted with. So how do you truly reflect and be honest about your part in creating the illness without being hard on yourself? At the end of the day, there is no true purpose in being hard on yourself and the easiest way to remove the urge to be harsh with yourself is to see the absolute unnecessary harm that harshness imposes on yourself and those around you. Genuine honesty comes with a sense of openness, transparency and willingness to learn.*

## WAKING UP TO DIS-EASE BEFORE IT IS DISEASE

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*Our ability to stop and reflect at the early stages of dis-ease can help us prevent unnecessary illness. Although illness is always an opportunity for growth, we have the option to take the opportunity earlier when the dis-ease is less embedded in our physical body. How attuned are you to feeling dis-ease in it's earlier stages?*

## ILLNESS NOT TO AVOID

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*As you start to work more with your soul, the way you experience illness changes. Illness can work as an advance, to clear old patterns that hold you back in your evolution. This does not require for you to have read any special books, consult a special healer or attend a spiritual retreat. A simple and true inner acknowledgment that what you are currently doing isn't working is all it takes to set about the shifts required for your body to clear in a way that advances you.*

# COMMON FEARS WITH ILLNESS

## 1. Death

Sometimes illness and disease can present a potentially life threatening situation. For many people (and their families), the thought of dying is a really scary one. In modern western culture we generally have a very poor relationship with death. We try to preserve life at all cost, we are often devastated by the loss and for the most part we struggle to connect to the deeper meaning of death. However, it has not always been this way; in many eastern cultures and in different periods of time we have been much more accepting of death. Communities that observe life as cyclic have far more acceptance with death, they see that the beginning of one cycle is the end of another and vice versa. They don't see death as an abyss they see it as a new beginning. For many of us, we grew up in a world that is very much straight line focused, you are born, you move ahead and you leave your past behind.

But energy doesn't work like that, life doesn't work like that, nature doesn't work like that, the universe doesn't work like that and our bodies don't work like that either. In fact, if we allow ourselves to, we can start to sense that life is actually made up of millions and millions and millions of cycles upon cycles, upon cycles. We start to understand that there is a cycle when it comes to death, and death is not just the end of something, but it's always the start of something else.

**Question 14: What is your relationship with death?**

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# 3. Asking FOR HELP

*Have you ever wondered why people love their independence so much? It is a virtue that is championed almost universally but at what cost are we championing this? It is true that we do not want to raise children to be dependent but what if dependent / independent were not our only options. What if our marker was to be a healthy contributor, an important part of the whole, valuable in what we bring . . . not independent. It is an illusion to think you are independent and it is a false comfort that makes you think that you don't have to let others in.*

*Many people carry the scars of being given help in the past that had strings attached. Instead of addressing the strings and discerning the type of help that is healthy to accept, they shut down the possibility of receiving help from anyone.*

*In my experience, when you truly cannot do something for yourself, there will always be another who grows, learns and evolves from the opportunity to support you. When we are sick or in need of asking for help (in general life) we often run the story that we are being a burden to others. This is simply not true. Life does not deep down work in this way. It only works in this way when we don't acknowledge the deeper growth available to everyone when we ask for help. When we have the opportunity to truly support another, it can be the most enriching experience in our life. There is nothing more enriching than to contribute to the wellbeing of another and feel the wealth of value that you bring: why would we take this away from someone? There is much beauty in surrendering to a moment that you need help and having the humbleness let down the barriers and truly let another into your world.*

**Question 17: Share how open to receiving help you feel? Have you ever been burnt by strings attached (conditional) forms of help? Do you discern the type of help you accept?**

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# 4. LOSS OF FINANCIAL *Security*

Possibly one of the biggest fears to come to terms with is the fear of the loss of our security, namely financial security. For many people, the thought of not being able to work can be crippling. Either because work is something that has been a focus of effort and investment for many years and the thought of losing everything you have built is unbearable or because it is not financially viable to reduce or stop work. There are many barriers around work and financial security that can get in the way of us accepting the depth of healing on offer with illness and disease. What if it is your partner, parents or children that are ill and need more support? There are many circumstances with illness that can challenge our notion of security. That doesn't mean that we throw all sense of financial responsibility to the curb but instead, we include the importance of healing into the equation when it comes to work and money. Some people may choose to save money, others may choose to reflect on their health, life and income protection insurance. There is no right or wrong in how you prepare for illness but there is space here right now to reflect on what fears you have and how you can support yourself to mitigate those fears.

Financial security is one of the biggest prizes we all play for in "the game of life". It is unfortunate that it plays such an important role in our sense of self and settlement in life. What would life be like if the emphasis was not on financial security? Life would be very different. Are you free to follow what is true for you or are you burdened by the need for financial security? We think that we only have two choices, to be financially secure or to be financially insecure. But what if another choice was to just be. It sounds corny but when the emphasis is taken off the security, your finances flow in a completely different way. Our relationship with finances is no longer a calculation based on security, but is instead navigated from feeling settled in who you are and your place in the bigger purpose of life. Fear of financial security is actually lack of connection to your place in the deeper purpose of life.

**Question 18: Write down any fears you have of loss of financial security related to illness and what your relationship to the deeper purpose in life is like.**

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*“Living a healing life is not difficult, in fact you are already doing it. By virtue of being on this program and answering the questions in this workbook, your soul has more access to supporting you in life. When you answer the questions in this workbook you are working with a depth of strength and power direct from your essence. There is nothing more to do but surrender and enjoy the ride.”*

*Rebecca Poole*

WHAT IS THE BIGGEST REALISATION YOU HAVE RECEIVED FROM THIS MODULE ?

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## MODULE 2 - CHECKLIST

- Watch Module 2 Video
- Listen to Module 2 Audio
- Complete Module 2 in the workbook