

## Dis-ease by Gary Bate

I cannot not share what I know because it might help you or someone you know...

Sometimes it's the unobvious small things (the straw) that breaks the Camel's back...

My Aunty was a beautiful Lady but an awful driver – she knocked a boy off his bike and killed him.

She never got over it – she never forgave herself – she bore resentment against herself close to her chest and she died soon after of breast cancer. A true story.

Cancer is a lack of self-love. It is a dis-ease like any other dis-ease. It strikes one in two of us now.

The Medics can only do so much. Whatever the dis-ease, you firstly have to accept the mind-body connection. As you fire thoughts in your frontal lobe you are changing chemistry in your body- fact.

My Aunty, like most people, did not know that that boy just transitioned and continues to live. His short visit to this Earth was but one of many short visits he's had and he's probably back here now.

So what did my Aunty lack? Information – knowledge – wisdom. How do you give that to someone who is not open to know? You don't. People have to change attitude if they want to know more.

How you *really* feel about a situation in your life can literally kill you. But when you wise-up about it, the effects in your body will start to unwind.

It stands to reason that if your mind can kill you then it can also heal you ~ Gary.

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