Cancer Reverser – Part 3: Emotions & Trauma

# Step 3: Emotions & Trauma

* ✳️ Original:
Every illness, especially cancer, is linked to emotional pain. Ask yourself:
“If this cancer came from a feeling—what would that be?”

💡 Clarifier:
This question can unlock everything. Sit quietly. Don’t force it.
Breathe deep, ask the question internally, and allow the answer to arise. Don’t judge what comes up—just listen.
Often, it’s unexpressed rage, rejection, abandonment, shame, grief, or powerlessness.

* ✳️ Original:
Forgive. Let go. Process the pain.

💡 Clarifier:
Forgiveness isn’t about excusing anyone—it’s about unhooking yourself from the poison.
Try writing a letter you don’t send. Scream into a pillow. Cry it out.
Letting go means allowing the emotion to move through you—not bottling or bypassing it.

* ✳️ Original:
Trauma not released creates disease over time.

💡 Clarifier:
Stuck trauma = stuck energy. And your cells feel it.
Your nervous system holds onto every unresolved event. Releasing trauma frees up your life force and allows your body to reset.
Symptoms fade when the charge is gone.

* ✳️ Original:
Use tools like Christie Marie Sheldon’s energy clearing meditations.

💡 Clarifier:
Start with YouTube – she has free meditations that target “clearing blocks,” “healing pain,” and “raising vibration.”
Listen with headphones. Breathe. Let the voice and frequency work on your subconscious.
Other tools: EFT tapping, EMDR, Ho'oponopono, breathwork.

* ✳️ Original:
A kinesiologist helped me heal 20 years of unexplained blackouts in a single session.

💡 Clarifier:
Energy medicine is real. When the right practitioner connects with your body’s wisdom, it knows what to release.
Find a kinesiologist, bodyworker, or trauma-informed therapist.
Even one powerful session can change your trajectory.

* ✳️ Original:
ACTION: Process emotional pain. Forgive. Stay in loving energy. Let go of resentment and be open to healing.

💡 Clarifier:
Your energy field is either open or contracted. Resentment, bitterness, and fear shut healing down.
Choose softness. Even in grief or anger, soften around the edges.
Say this often:
“I’m safe to feel. I’m open to healing. I release what no longer serves.”

🧭 Emotional Guidance Disclaimer:
We all have an emotional guidance system. If something feels good, it usually \*is\* good for us. If something feels off, it usually \*is\* off. But most of us have been trained to ignore those internal signals.

Becoming aware of this—something so simple—can completely transform your healing journey. Don’t underestimate the small 1% shifts. The same way many little things contributed to disease, many little things will contribute to healing.

It makes sense, right? Lots of little things cause it. Lots of little things heal it.