

## Common Illnesses & Their Emotional Causes + Affirmations to facilitate Healing Compiled by Soul2Soul Educare [www.soul2souleducare.org](http://www.soul2souleducare.org)

1. **Accidents** – Inability to speak up for the self. Rebellion against authority. Belief in violence.

**Affirmation:** *I release the pattern in me that created this. I am at peace. I am worthwhile.*

2. **Acne/Pimples** – Small outbursts of anger.

**Affirmation:** *I calm my thoughts and I am serene*

3. **Allergies** – Who are you allergic to? Denying your own power.

**Affirmation:** *The world is safe and friendly. I am safe. I am at peace with life.*

4. **Anxiety** – Not trusting the flow and process of life.

**Affirmation:** *I love and approve of myself and I trust the process of life. I am safe.*

5. **Arthritis** – Feeling unloved. Criticism, resentment. Frustration held inside and not allowed to express itself.

**Affirmation:** *I am love. I now choose to love and approve of myself. I see others with love. I express myself freely.*

6. **Asthma** – Smother love. Inability to breathe for one's self. Feeling stifled. Suppressed crying.

**Affirmation:** *It is safe now for me to take charge of my own life. I choose to be free.*

7. **Back pain**

**Lower:** Fear of money. Lack of financial support.

**Affirmation:** *I trust the process of life. All I need is always taken care of. I am safe.*

**Middle:** Guilt. Feeling Stuck. Feel like you're carrying a heavy load all the time.

**Affirmation:** *I release the past. I am free to move forward with love in my heart.*

**Upper:** Lack of emotional support. Feeling unloved. Holding back love.

**Affirmation:** *I love and approve of myself. Life supports and loves me.*

8. **Bedwetting**: Fear of parent, usually the father.

**Affirmation:** *This child is seen with love, with compassion and with understanding. All is well.*

9. **Bites**:

**Animal:** Anger turned inward. A need for punishment.

**Affirmation:** *I am free*

**Bug:** Guilt over small things.

**Affirmation:** *I am free of all irritations. All is well.*

10. **Bladder problems**, including UTI's, cystitis – Anxiety. Holding on to old ideas. Fear of letting go. Being pissed off.

**Affirmation:** *I comfortably and easily release the old and welcome the new in my life. I am safe.*

11. **Cancer/Tumors** – Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self. Carrying hatreds.

**Affirmation:** *I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.*

12. **Cholesterol** - Clogging the channels of love. Fear of accepting joy.

**Affirmation:** *I choose to love life. My channels of joy are wide open. It is safe to receive.*

13. **Colds** – Too much going on at once. Mental confusion, disorder. Small hurts. I get 3 colds every winter type of belief.  
**Affirmation:** *I allow my mind to relax and be at peace. Clarity and harmony are within me and around me. All is well. I am in perfect health.*

14. **Coughs** – A desire to bark at the world. See me! Listen to me!  
**Affirmation:** *I am noticed and appreciated in the most positive ways. I am loved.*

15. **Constipation** – Refusing to release old ideas. Stuck in the past. Sometimes stinginess.  
**Affirmation:** *As I release the past, the new, fresh and vital enter. I allow life to flow through me.*

16. **Cuts, injuries, wounds, scratches** – Punishment for not following your own rules.  
**Affirmation:** *I create a life filled with rewards.*

17. **Dementia** – A refusal to deal with the world as it is. Hopelessness and anger.  
**Affirmation:** *I am in my perfect place and I am safe at all times.*

18. **Diabetes** – Longing for what might have been. A great need to control. Deep sorrow and no sweetness left.  
**Affirmation:** *This moment is filled with joy. I now choose to experience the sweetness of today.*

19. **Fatigue** – Resistance, boredom. Lack of love for what one does. When it is chronic: means there is a refusal to change, fear of the future. Not feeling safe  
**Affirmation:** *I am enthusiastic about life and filled with energy and enthusiasm.*

**For Chronic fatigue: Affirmation:** *I am willing to change and grow. I now create a safe new future.*

20. **Fever** – Anger, burning up  
**Affirmation:** *I am the cool, calm expression of peace and love.*

21. **Food poisoning** - Allowing others to take control. Feeling defenseless.  
**Affirmation:** *I have the strength, power and skill to digest whatever comes my way.*

22. **Gall stones/Kidney stones** – Bitterness, hard thoughts. Lumps of undissolved anger. Condemning. Pride  
 If you become violently angry with someone or about something, whether or not it's held in or spilled out, it creates bile, and bile buildup triggered by anger takes only a few weeks. The result is painful gall stones. If you've ever had gall stones or kidney stones, ask yourself who or what was I so angry at.  
**Affirmation:** *There is a joyous release of the past. I dissolve all past problems with ease. I forgive (whoever) or (whatever situation) Life is sweet and so am I.*

23. **Headaches/Migraines** – Invalidating the self. Self-criticism. Fear  
**Affirmation:** *I love and approve of myself. I see myself and what I do with eyes of love. I am safe.*

24. **Heart problems** – Lonely, longing resulting from not being loved. The inability to give or return love. The inability to love one's self. Hardening of the heart. Belief in strain and stress.  
**Affirmation:** *I lovingly allow joy to flow through my mind, body and experience. I am love. I love.*

25. **Flu** – Response to mass negativity and beliefs. Fear. Belief in statistics.  
**Affirmation:** *I am beyond group beliefs. I am free from all congestion and influence.*

26. **Insomnia** – Fear. Not trusting the process of life. Guilt.  
**Affirmation:** *I lovingly release the day and slip into peaceful sleep knowing that tomorrow will take care of itself.*

27. **Knee problems** – Stubborn ego and pride. Inability to bend. Inflexibility – won't give in.  
**Affirmation:** *I bend and flow with ease and all is well.*
28. **Menopause problems** – Fear of no longer being wanted. Fear of aging. Self-rejection. Not feeling good enough.  
**Affirmation:** *I am balanced and peaceful in all changes of cycles and I bless my body with love.*
29. **PMS** – Allowing confusion to reign. Giving power to outside influences. Rejection of feminine processes.  
**Affirmation:** *I now take charge of my mind and my life. I am a powerful, dynamic woman. Every part of my body functions perfectly. I love me.*
30. **Stroke** – Giving up. Resistance. “Rather die than change” Rejection of life.  
**Affirmation:** *Life is change and I adapt easily to the new. I accept life – past, present and future.*
31. **Snoring** – Stubborn refusal to let go of old patterns.  
**Affirmation:** *I release all that is unlike joy and love from my mind. I move from the past into the new, fresh and vital.*
32. **Thyroid** – Humiliation. I never get to do what I want to do. When is it going to be my turn?  
**Affirmation:** *I move beyond old limitations and now allow myself to express freely and creatively.*