

Causes of cancer: The loaded gun and stopping the bullet.

Cancer is among the most complex of dis-ease patterns that health practitioners see, to find its origin or the key to its formation is often a very intricate pattern.

Fundamentally, focusing on causality is a red herring and distracts attention from the core issue because basically the cause of everything is a domino effect of millions of years of humans suffering the indignity of being “self-conscious”. This had nothing to do with the individual’s so-called “choice”, just as the death of “self” has nothing to do with our approaches to “fix” it. But in order to bring cancer to its senses, so to speak, it is useful to have a tack on which of the many “roots” a cancer may have, is the main or central-core one, which if changed can change the whole pattern.

Cancer is like a loaded gun, sorry for the aggressive metaphor, but it is very much like this when you see how the spread of cancer affects the body. Of course this is just a metaphor, all symptoms of dis-ease are a call to the senses to do something differently but until we get a sense of what this is, the nature of the dis-ease is very threatening and feels not like a “nice conversation with the body” but far more like a time-bomb, and yes, this is from the current state of societal ideology. If we say that the “gun” itself is the constitutional propensity, meaning in modern scientific terms the “genetic propensity”, this is the foundation. Some people will have more of a constitutional tendency to create the formation of tumors within their system than others, this is simply a natural expression. The loading of the gun is simply about the senses of a person not being able to detect the dangers of particular substances for the body or being subtly “poisoned” from a young age by particular patterns of behaviour or the use of tactics in order to survive that I will discuss below. This loads the constitution, simply creating a readiness for the body to move into a cancerous process at any given moment. The trigger and firing of the gun usually occurs with some large crisis or shock to the system or it can just be something that builds up like the gradual squeezing of a trigger. Then you have a bullet and that's the effect of cancer. This bullet is the problem, once it's moving it is hard to stop. It has momentum to it, so even after you've cleared out all the other bullets and the gun is clean and shiny and empty and can't hurt anyone, that bullet is already flying and as such at the very least it creates damage, or at the most it kills. The gun of course is backfiring.

Ideally we are treating before the bullet goes off, but often we are treating long after this once some of the damage has already set in. But if we can identify the bullet's propulsion, or which chamber of the gun it came from, we at least have a way of being about to deal with the wounds and in understanding the type of bullet we can help the body recover and prevent further damage, i.e. we can attempt to stop or slow the bullet down.

Many people assert that cancer is “telling you something” and of course it does make a particular point that one is not responding to the senses. However there is no “message” that cancer has for the individual other than that, which is the same as any other dis-ease. The expression of cancer is the same for anyone with any dis-ease, it's a mechanism of accumulated tension and then release. The problem comes when a person with cancer is told that the “message” of cancer has to do with them being to “blame” for what's going on in their body. There is no blame attached to any of this, even if it's smoking and lung cancer that seem so easily tied. If everyone who smoked got lung cancer then the population of the world would be considerably

smaller. The point about cancer is one cannot focus on one thing and say it's all about "that". If a gun doesn't have the propensity to take these kind of bullets, there is no cancer, if there is a gun without bullets then there is no cancer, if the bullets don't fit the gun they are lost quickly and there is no cancer, if the bullets are right and the gun is right but no-one pulls the trigger then there is no cancer. You need all sets of circumstances to be in alignment for cancer to form. So what are the potential causes and how do they occur in tandem?

Cancer has several influences... firstly there is constitution. The blood groups A and AB, which in ancient Chinese medicine are concerned mainly with the constitutions of the Metal and Water types are by far the ones with the greatest propensity to accumulation of tissues that form tumours and have a tendency to stagnation. Of course this is not to say that other constitutions do not get cancer, I am just focusing on the highest numbers that can be seen overall. The second factor is environmental considerations. While the constitution is basically determined by the parental constitution, the environment is inclusive of food and many other factors that "load" the system in a way that is damaging. In modern medicine this is genetic (constitution) and epi-genetic (environment) which are the 2 factors that hold propensity and then load a system in readiness of a dis-ease process breaking out. Let's look at the loading factors...

One key consideration is food. If these constitutional types have foods that are irritants to the body or drugs that the body cannot absorb, this forms accumulations of toxins that the body cannot use. That which cannot be used by the body usually forms accumulations, especially in the constitutions above, and this will encourage temporization. Usually food has been provided at a very young age so the innate senses of what a child likes have been masked by what is provided, which can in fact be totally opposite to what a child actually needs instinctively. So there can be feeding meat to a child who can't tolerate it or feeding dairy to a child who is sensitive to it. This is a form of poisoning, but it's slow and insidious, plus the parents are often not sensitive themselves and may also have cancerous problem going on. So it's a pattern that keeps on going on because diet is ingrained and doesn't change from generation to generation. It's never just genetics that create cancer but both inside and outside at once.

Containment of emotional responses is another key loading factor, if a person doesn't express themselves and is used to holding-in natural urges and responses to things this will form accumulation patterns within the body and also a controlling of the energetics to implode rather than externalize, again this is associated with cancer. This is usually due to responses to close family members when young which have got stuck and are continuing to hamper the person's behaviour and choice of partner, so perpetuating a pattern in everyday life, again all this is totally unknown to the infant and so too to the adult with cancer.

Environmental pollutants are another key, if one is living in a highly toxic environment with many human or natural pollutants it is hard for the body to survive. Also there will be a numbing of the senses so that a person will be unable to decipher what feels right and what doesn't and this can create a Catch-22 of staying in situations of high toxicity especially at a young age. Also involved in this category is the possibility of parasitic organisms of many kinds that have been linked directly

with cancer, this in ancient medicine would be associated with “pernicious” climatic influences, meaning that they have the quality of being natural sourced energy which encroaches or feeds from the human body, these are obviously signs of a weakened or decaying energetic system.

The fourth and final aspect is about the physical movement of the body, if there is a tendency to stagnation constitutionally and the body continually doesn't move then a person will gradually accumulate and this in itself can form depression and long-term cancerous processes. The body's outputs need to match the inputs, even if the food quality is good for that particular constitution.

So these 5 factors all in all form cancers. The original constitution can come “pre-loaded” in some of the inborn cancers like leukemia where a person can be born with this condition, in which case this is to do with the state of the parents. The infant is a way that the mother's body has discharged her toxic load, which is nature's way of protecting the mother, something again which is no-one's fault and neither is it recognized, cancer in the infant child IS an extension of the state of the mother's energetics.

In clinic the key thing is to point out all of the factors and to figure out which one or several of these are the key factors for the growth of cancer. This means assessment of the emotional status of a patient, their way of expression is very important, whether they are “all out of the box” or “inside”. Those cancers which don't seem to have a physiological factor or are not affected by what modern medicine calls “hormonal changes” are most likely to be those that come from a psychological root and so there needs to be a way a person opens this out and expands their expression, simply talking and opening out about what they feel and changing their life accordingly can be key to resolution of the cancer.

If a person is expressive of their issues, interested in engaging with this and open to exploration of this, it is likely that they are actually quite emotionally open or responsive, ***this is not then the key root!*** This is important because it means one can focus attention on other areas and leave this one alone, it means the body somehow has been poisoned either by environmental pollutants which can be of the air, water, soil and environment, including things such as electromagnetic fields which are obvious and others such as living next to a railway line or a radioactive dump but usually there will be an obvious factor here that needs to be removed or for the person to be removed from them in order for there to be recovery. The other poisons come from diet so finding the correct diet for the constitution can be vital. Diets aimed at destroying cancer are two a penny and have very limited effect. True long-term change is really about diet that allows the whole of the constitution to function effectively, helping a person become stronger and as a result be able to clear their body of the toxic tissues. ***The root is always the sufferer's blind-spot***, it is the very thing that the conscious processing is numb to... so for example a person who is deeply focused on food preparation and makes everything “right” associated with food, is likely to have a deep sense of control and fear at the root of there problem and often this can be a stuck mental-emotional contraction at the root, nothing to do with food! And too the refers is true when emotions become the focus and food “isn't important”.

The job of the practitioner here is to decipher the chronicity of the condition and its origin and if a person's loading of the cancer is more from a food or has a more environmental-pollutant or psychological bent. It will likely of course be several of these together **but usually there is one that has the most longevity** and which is constantly overlooked, it is in the area where there is least interest of a patient and least sense that is most often where the problem lies. The basis of cancer is accumulation and stagnation and holding inwards. Sometimes this has a "voice", as in the **lack** of emotional expression of a person, which obviously has to change, but often there is no "voice" such as with the various pollutant substances where a person can be living a very open, emotionally expressive life yet cancer is formed from the aspect they are least aware of.

We have spoken about the constitution and then the loading of this, but the firing of the bullet of cancer or the match-strike of the spread of cancer is something that can often occur with a very severe emotional holding which suddenly increases, such as with the death of a parent or the like, or it can be the effect of another trauma such as a physical injury of some kind. This can be enough to "push it over the edge". However for most people cancer "creeps up" and instead of the gun firing off immediately it's a gradual progression of symptoms that lead to a diagnosis, or a situation that is "left alone" until a person gets to the situation of needing attention.

Food-based toxins or other environmental toxins can build up so slowly that it is only when critical mass is reached that it forms tumours. After this even a small amount of this same toxin can create a worsening of the process but its "discharge" as cancer cells is really a way the body has of expressing its inability to cope with the load/demand upon it. This is why for those who are diet-orientated root i.e. cancer in which the psychology is not the main base, then there needs to be a clear recognition of those foods that create the toxic load on the system; rather than isolating specific foods, the best way is to recognize the "tribe" or constitution that a person is from and attempt to match this. This also goes for climate, especially if a person feels very cold much of the time, this can also be a trigger for cancer in those people who need to be in a warm dry environment as opposed to the cold and damp environments of stagnation in countries where cancer is prolific. These cancers are the ones that are often hormonally associated cancers or those which have definite physiological reactions and are associated with particular tissues such as breast and uterine regions etc.

All of this is to say that the process of discovery of the fundamental root of the individual's collection of constitution and loading factors allows the possibility of being able to reduce the power of the already flying bullet of cancer, it enables us to reduce the damage caused and to help repair the tissues. Also in some cases which are pre-existing it allows us to dis-arm the gun if cancer before it is fired and hopefully even before the gun is loaded, as it is far easier to calm a bullet that has not yet been shot.

Basically the several-pronged approach of instinct-diet, expressive natural movement/exercise, open emotional expression and reduced pollutants are all key in forming a cancer free body. Fundamentally if we can isolate the key factors involved then in individual cases of cancer the most significant issues are not overlooked and we can identify how best to help treat people clinically. When a person is in the pre-

cancerous stage, which can be anyone, then we are treating a situation before it arises which means that there is more time. However, when the bullet is flying there is only a limited amount of time in which a person may be able to change their situation. When this is the case then the identification of the pattern is vitally important because there is so much information around about cancer and so many theories of ways in which to “help”. But if one is spending a lot of time “over-killing” problems that do not exist and not seeing the wood for the trees then the time one has to change things around is very limited. Surgery and treatments that work directly on the cancer tissue itself are very limited and crude but are absolutely necessary in the process of treatment of some cancers as they can reduce the toxic load on the body and allow for more time. But these are not curative processes, without the cancer root changing at the causative base there will always be an undetected thread that can pop up again at another date even though the “whole tumour” has been removed. Cancer is systemic by nature, it is fundamentally about accumulation, and so to this end finding the causative factors of this illness and reducing the process of encouragement for its further formation is key in its resolution.

For more information please see my other article called “Energetically understanding Cancer”.

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