

# **META-Health**

**Life Journey**



Heya,

my name is Gaetana, lots of people call me Tanny. I thought I would share with you something about what I like doing in my job, which is META-Health, Emotional Freedom Technique and stuff like that. But, instead of THINKING what I could be writing about, I just listened to the silent voice of my body. I would simply like to share how META-Health is helping me and the people I work with in their life. I am not speaking through my mind, but through the experiences that I am living and through the learnings that I am embodying. The idea of this booklet is kind of seeing the bigger picture being META-Health, at least how I see it at this point of my life.

### ***Something about me***





Yes, just as you see: a question mark. Why? For a few reasons. I guess one of them is that I actually don't know who I am. I am in the ongoing process of discovering myself. I think for this I have to thank every single person who I met, as everyone had and has something to offer me, a message to give me, a challenge to understand and work on.

The question mark has few more reasons. When someone asks me who I am, I could say „ex-biologist, META-Health Coach“ ... but ... am I really „JUST“ that? Am I a label? I don't like labels very much, because I don't think a person can be defined by a label. Actually by labelling someone we limit the person to that category, to that idea that we have about them or that they have about themselves. In addition, labels keep us stuck. Once we are/have been put in that box, we start to identify our self with that label, we believe we are that, and we stop asking ourselves questions, we stop wondering, we stop being curious about ourselves and about our life; usually we also stop being curious about the people around us, and we become sterile.

So, even though a label might be positive, the limitation within it is that we tend to stop our adventure. Are we really always the same? Do we change over time? Something that we liked once, might have a different impact/meaning for us now. But if we are stuck in our box with the label we have of ourself, we stop questioning, we take things for granted.



Have you ever heard the story of the frog and the boiling water? It goes something like this:

*If you put a frog in a pot of boiling water, it will jump out immediately, but if you put her in the same pot with cold water, and very slowly heat it up, the frog will slowly die.*

When we meet someone we don't know, one of the first things we tend to ask is "What do you do? – What is your job?". I once asked this question to a guy I just met, and he replied with quite a bored and unsatisfied tone by saying he had a building company. At that I replied by saying that I found his job beautiful: He builds houses so that people can have a home.

What could a Yoga teacher reply? Or a Doctor? Or a mum? The Yoga teacher might say "I enjoy to help people find the connection with their body and find peace for the mind"; the Doctor could say "My heart is happy when I can help someone feel better", whilst a mum "I am grateful for being able to share my life with a lovely soul, thankful for sharing my knowledge and happy to learn from her".

How does this sound?! Is it different? What about, next time we meet a friend or a person we don't know, what about



asking “What do you like doing in your life? Where are you going? What are you looking for?” Shall we do that?!

SO, when I think of the question: “Who am I, what is my true self, without all the layers I have, without all the masks, what is my message on this earth?” ... It is surely work in progress. I know I am curious, love other Human Beings, and am looking for a sense of connection. I am grateful for what I enjoy doing in my life, working with people and myself to find inner connection, to be aligned and centered, to be in our own power and be creators of our own life.

*I would like to ask you to close your eyes, go inside within yourself. Can you get there?*

*Can you get in touch with you essence?*

*Ask yourself if you are living according to that inner self.*

*Do you like what you are doing in your life?*

*Do you like how you are?*

*And if not, what is blocking you from doing what you like, and living according to your inner authority?*

*Please write it down and keep it for later.*

***We are here to evolve***

Our journey on this planet begins the moment we were born. Our journey in this Universe can go back many many years ... As a Human race we are here to evolve. As we can see evolution can have lots of different meanings; what I intend is to move from holding on to our “animal” reactions, to being in a place of peace, and of light. I will write react as “re-act”, as most of the times in our daily life to re-act to things or situations re-activating old pattern, old schemes. We don’t see things as they truly are, but through the filters of our projections.

Have you ever noticed yourself reacting to an event (a word someone says; a comment somebody makes) with a massive outburst, and with lots of emotional charge? This is because we are not just responding to that event, but we are reacting to all that that represents for us, to what it triggers off. Present situations are reminders/links to past unresolved stuff. Behind these re-actions are survival mechanism dictated by fear, protection, expectation, self worth, territory issues. Can you imagine who we would be, how we would live, without these survival mechanisms? When we let go of these re-actions, and we just living according to our heart, we are centered and free to live our lives at our highest potential.

Now is the time for Differentiation, for each one of us to live his/her own aim and fulfill the message we have on this



earth. There are millions of us on this planet, and each one of us is different, unique, and has his gift to share with the world. We are evolving to be aligned with our unique authenticity. The evolution for each individual is through awareness.

In this state, we will find there is no need or space for competing. As we are all individuals, we are all special with our gifts. When we don't know who we are, then we need to compare ourselves to others. How many times as a kid were we compared to some other child (who could do that better, was faster, more clever than us)? Comparing puts a seed in the depth of our soul that we are not ok as we are. And, with the conditioning we receive from family, school, community, culture, we try to behave to please others, to be loved and accepted, so we get further and further away from the person we are meant to be.

WHERE DOES META-HEALTH COME IN WITH ALL OF THIS?

### ***What is META-Medicine***

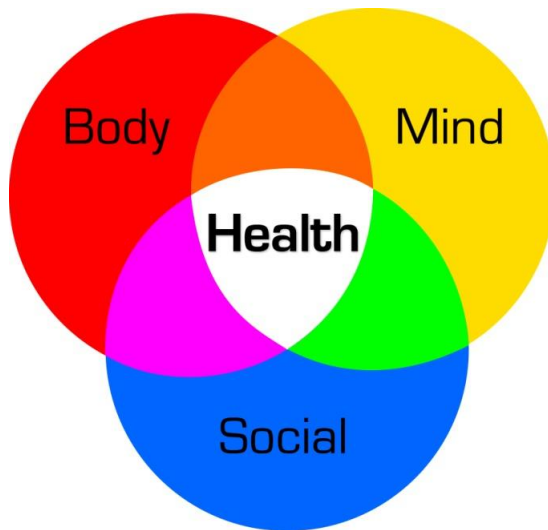
It took quite a bit of time to the Master META-Health Coaches to come up with a definition of META-Medicine that would cover its wide and comprehensive aspects. What emerged is this definition of META-Medicine:



*A healing and personal development science. META-Medicine goes beyond allopathic and alternative approaches by surfacing the unconscious causes of any illness, creating deeper awareness and facilitating the self-healing response.*

What does this mean? It means that this approach helps us to identify the root cause of why we get ill, why our body is re-acting in that specific way, with that specific symptom. In this respect, one of the principles of META-Medicine is that every symptom is meaningful: Nature does not make errors or mistakes. Our organism is a highly intelligent, orderly and sophisticated system with biological meaningful reactions that we have labelled dis-eases or illness. Every dis-ease process can be understood as a biological, spiritual meaningful event of nature with the goal of survival, resolution and awareness of a conflict, evolution and the self-healing of our organism. In addition to this, there is no separation between body, mind & spirit embedded in the environment. The process and development of a dis-ease process is synchronous at all levels (organ, brain, biofield, mind, etc.). Because all levels are synchronous and in phase with each other, we can use the data of one level to conclude the other levels. Every change at one level simultaneously affects and is visible on all other levels.





We could also say that our symptoms are cues about ourselves. We could see the body as giving us messages, telling us that we need to understand something that is going on within us. In ultimate, our body, with its symptoms and the information given us by META-Medicine acts like a GPS guiding us along our path; giving us informations of what we need to work on, understand, release, transform so we can evolve.

META-Medicine gives us a precise map, a specific correspondence between each organ/tissue and an emotion, a conflict content. We say that each organ has its



META-Meaning, which is very bio-logical. Let's make an example. If a woman is walking along the road with her toddler in hand, and he runs in the middle of the road risking an accident, the mum might react with strong and varied emotions. If she feels the sense of worry/need to protect, she will react with her breast gland (because that is the specific organ that a mum uses to nurture the child); if she feels a strong sense of loss she might react with her ovaries (linked to reproduction), and if she feels she was unable to "hold on" to her child, the musculoskeletal system of her hand might react. So, when we experience a situation that is dramatic, highly emotional, our whole system (body-mind-emotion) reacts and gets modified. On these bases, when we have a specific symptom we can identify the root cause of it, with the emotion associated, the content of the emotion and maybe also the event that did trigger off the system.

What makes META-Medicine so powerful is that it goes even deeper, identifying what sits underneath all this, what is the root of our re-actions: which are Limiting Beliefs. We are now shifting from META-Medicine (why we get ill), to META-Health (how we can get well)!!!

### ***Limiting Beliefs***

These are thoughts, principles we hold as true, often unconsciously. They are called *Limiting* because they have a



negative impact on the way we think about us, others and the world; they restrict our potential, block our inner peace and lead to negative emotions and health issues. These thoughts are what sit at the bottom of our mind and lead to disconnection and conflict within us. Limiting Beliefs are formed when we experience a very dramatic stressful situation, and they can also be created in a more subtle way. For example, when a kid is repeatedly told that he is not good enough, that he makes mistakes, that other people do things better than he does, the thought “*I am not good enough*” for example, can slowly become cemented in his mind-body and become what he believes is his truth. Limiting Beliefs are very powerful, because we live according to them, and we get more and more detached from our real self; finally, we don’t express our true potential and uniqueness.

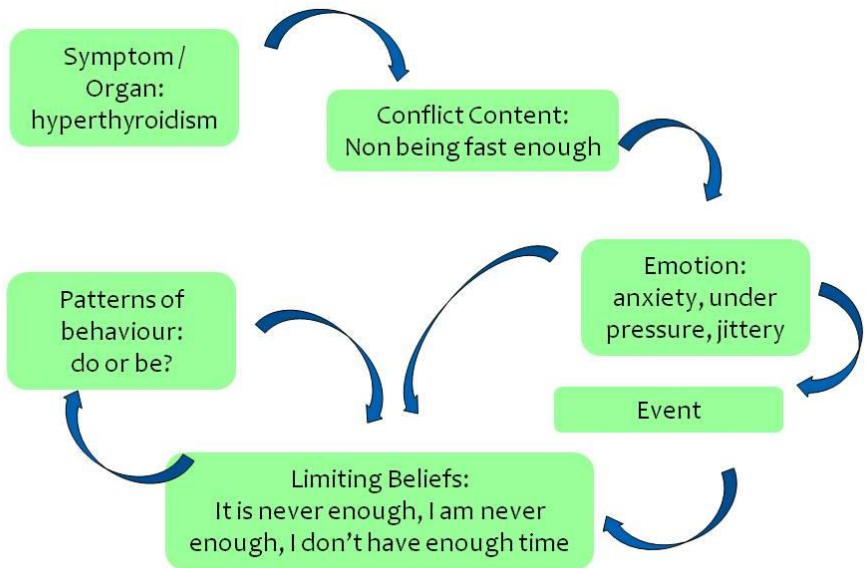
How does META-Health help up with all of this? META-Health is a tool that helps us in our research to get to the bottom of our dis-ease, it is research tool.

An example, with the Thyroid and Hyperthyroidism. From the META point of view the conflict content for the Thyroid is about “*not having enough time, not being enough*”, usually there are emotions such as fear, anxiety, overwhelm linked to it. With the META-Health research we identify the Limiting Belief(s) that underlie that re-action.

Examples of Limiting Beliefs associated to this could be:



*I always have to do everything, it is never enough, I can't stay doing nothing, time is running, I need to get going, if I don't do all the thing in my list (which is usually very long) I am not good enough.*



What is really key is to identify the Limiting Beliefs that then create the Patterns of Behavior of the person. For example with this set of Beliefs a person might always be worried of what he/she has to do, would probably not always enjoy



doing all of this because would feel overwhelmed and under pressure, wouldn't be "in the present moment" because thinking of what is next in the list ... So, from a symptom, we get to Limiting Belief and Behavior gaining awareness of what is leading our body-mind to re-act in that specific way.

Finally, what we want to do is to get rid of the Systems of Limiting Beliefs that are keeping the whole system in place, so to collapse it. Once the Beliefs are gone, there will not be the bases for the emotional re-action, thus not bodily/organ re-action and finally no dis-ease.

### ***Evolving towards our Higher Self***

We are here to evolve and express our uniqueness. In this respect one of the most important organs from the META-Medicine point of view are the Adrenals, hormonal glands located on the top of the kidneys. Signs of weak adrenals with be:

- ✓ *Tired when you wake up*
- ✓ *Need coffee to start the day*
- ✓ *More or less depressed*
- ✓ *Energy begins after 18:00*



The Adrenals are very much linked to Our Highest Motivation in Life and to find and follow what is meant for us.

The Adrenals have 2 components, the Cortex and the Medulla, with 2 different META-Meanings. When we are not following our direction, when we are not aligned with our true self the Cortex responds giving us less energy. Why? Our Adrenals are not providing us energy to do what we don't like doing, what is not right for us. This is noticeable because people with weak adrenals are usually doing a job they don't like, are in a relationship they don't enjoy, and so on. But if we ask them what they like doing, you can see that their energy boosts up! Then we explore WHY they are not really doing what makes them happy, we go down deeper into issue related to the Medulla, which is all about unbearable stress linked to survival. So they might fear they will not make enough money if they do the job they like, they think they will not be able to cope on their own if they leave their partner ...

All these fears and associated Limiting Beliefs will keep us stuck in doing something that is not right for us, because we are scared, we are fearful ... we then remain blocked, frustrated, unhappy. When we deny who we are, when we deny what is good for our Soul, we are saying NO to our vital energy; we feel tired, depressed, no energy and like the frog in the pot with boiling water .. we slowly die. This



ultimately leads us to be disconnected from WHO we ARE, where our choices are dictated by fear of survival, fear of disappointing people and being different ... BUT ...

**WE ARE DIFFERENT**

**WE ARE UNIQUE**

**WE ARE SPECIAL**

And META-health gives us the tools to live our purpose.

When we know this, deep inside, when we say YES to ourselves, we become connected, there is no more separation from us and what we want to happen in our life and the energy starts flowing again.



*Now, I would like you to go back to what you wrote on the piece of paper, at the beginning of this little journey.*

*I would like you to take action, one simple thing, that you can do every day, to be more connected, to be more aligned, something that will make your heart happy.*

*Write it down ...*

*Put posts of it where you can read them*

*Breathe that Energy, of Being in Your own Space and Power*

*The journey is made of steps, one at the time ...*

