My Round In The Ring With Ratlungworm

By Grace Purusha

Since my now infamous ‘Round in the Ring with Ratlungworm Disease,’ the greatest gift of all for me is being alive. Knowing the pathway to restore health, if it escapes or is snatched away, is next up for valuable gifts.

Ratlungworm is a rat-born disease, where slugs carry larvae and worms lurking in rat poop onto the vegetables they crawl cover. Once accidentally ingested, these find their way into your spinal fluid through your meninges and cause a very high level of inflammation in the central nervous system. There’s excruciating full body pain, burning, itching and nausea. It is a self-limiting disease of five weeks until all larvae die from starvation. There is no medicine that removes this from your body.

What’s the key lesson? Find a way to keep slugs out of your veggie garden. Soak and brush all vegetables with your choice of food-based hydrogen peroxide, grapefruit seed extract, or vegetable disinfectant.

To experience the fear and flutter of watching my life force diminish and temporarily disappear, was incomparably humbling. As I witnessed myself hit bottom, completely flattened, I promised myself that if I ever walk the beach again without pain in my body, I would never again question the purpose of my life: to simply enjoy being alive.

During all stages of the illness, I watched and learned. Although immersed in the progressive horrors, I noticed particular personality energetics, patterns, pitfalls, common tracks of fear and doubt, and attempts to circumvent the moment’s discomfort. Very insightful clues were revealed about me and my life, and about how I lived it. I have always believed that “illness is a blessing,” as there is usually enough information contained in the difficulties to identify the habits that if corrected would bring forth what was lost in their absence. We not only regain what was lost, but also often produce longed-for improvements. As I started to recover, the recognized lessons and opportunities for awakening were endless. The softening and cracking of my psychic shells exposed my deeper self to me. One night, a voice spoke to me saying, “We have chosen to accelerate your movement forward. You may not enjoy the way we’ve chosen, but it is going to be quite effective. When complete, you’ll understand and be grateful.”

Out of the wreckage of my fried nervous system emerged a heightened sensitivity and compassion toward each moment, person, choice, and feeling, with an inescapable desire to honor what would bring the most ease, because I had to. Honoring my new sensitive awareness, a new clarity of values emerged. The “reset” button had been clicked, and the training of needing to pay such radical attention every moment was spilling over across the board of my life. Now, with the illness over, my practice is to remember and care as much as I did then.

Before the lessons get tough, we can attempt to determine our most important needs, and how to effectively adjust what must shift so that how we live is congruent with what we want. Illness and symptoms are often preceded by personality energetics that manifest physically. It’s valuable to explore and uncover these lurking and yet-to-be-recognized aspects.

Please contact me if you’re interested in my fully detailed presentation, “What I learned from RatLungWorm”.

Grace Purusha is a master health coach, mentor, and author of The Five Essential Laws of Eating. She fully coaches you how to create and implement programs for long-term health, weight loss, and reduction of symptoms. Her program Better Health 2011 begins January 11. For information, consultations and registration, call 808.879.5571, e-mail GracePurusha@gmail.com or visit RadiantAliveness.com.

“Being With” The Greatest Gift

By Adrianna Grace

Since being diagnosed with ovarian cancer in June, I have shifted my focus from promoting the Sacred Loving Arts for a time, as I delve into my own healing. I’ve had some real time right here and now to reflect on and to appreciate the great gifts that my life and my body are. Take away the certainty that your body will be here tomorrow, and it’s a whole new ball game.

For me, the greatest gift is to understand and connect to the Soul. As spiritual practices abound, it is for you to find one or two that give you the greatest feeling of connection, and to make those your foundation practice. This is important, for in our busy outer lives we can only give so much time to engage directly in our inner spiritual lives.

My offering to the community now is what I call “Being With.” It is a group practice, dedicated to providing a time, place and focus where we can “be with” our spiritual intent and our soul connection. While a group practice, it is designed to touch each person, each soul directly, and to provide food and nourishment towards our Soul Life Connection.

Adrianna Grace shares her healing journey on her weekly “Adrianna’s Chemo Cafe” video blog at adriannagrace.com, and through “Being With” and other community offerings listed there. She welcomes your contact, and is available via email at adriannagrace@gmail.com. If you would like to be put on her e-mail list, or to be one of her Angel Team helpers, please get in touch. She is open to contributions and support of all kinds.

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