



# A-Z OF SPIRITUAL ILLNESSES ..... EXPLAINED

What Your Mind And Soul  
Is Trying To Tell You

**WITH**  
GURDS HUNDAL

# Acknowledgements

I acknowledge with joy, love and happiness:

My clients and spiritual friends who taught me so much and who firstly encouraged me to put my thoughts down on paper.

My wonderful viewers and listeners, who have shown their loving support for my work and who continue to be a source of inspiration for me.

My dear friends across the world, who surround me with unconditional love, laughter and plain silliness!

With all my love and abundance,



*Gurds Hundal*  
H.

# Spiritual Meaning Of Illnesses

We are each responsible for all our experiences.

Every thought we think is creating our future.

The bottom line for us is we can all turn our life around.

It's only a thought, and a thought can be rewired, conquered and released.

There is a spiritual cause for our illnesses.

With every illness and ailment, there is also a spiritual meaning of illness.

In other words, illness is created within our body when we are refusing to change or accept issues in our lives.

Each block we encounter is an illness that we refuse to see part and remain stuck with.

We should always seek professional medical help for any illnesses that gets manifested in our lives, it's always useful to understand the spiritual meaning behind it. So then we can then understand what our mind, body and soul is trying to tell us.

# Spiritual Letter:



**Abdominal Cramps:** Emotional cause related to fear. Stopping the process.

**Abscess:** Fermenting thoughts over hurts, slights and revenge.

**Accidents:** Inability to speak up for yourself. Rebellion against authority.

**Aches:** Longing for love and unity. Longing to be held.

**Acne:** Not accepting the self. Dislike of the self.

**Addictions:** Running from the self. Fear. Not knowing how to love self.

**Adrenal Problems:** Defeatism. No longer caring for the self. Anxiety.

**Alcoholism:** Feeling of guilt and inadequacy. Self-rejection.

**Allergies:** Denying your own power. Allergic to someone who or yourself denies your power.

**Alzheimer's:** Refusal to deal with the world as it is. Hopelessness and helplessness.

**Amenorrhea:** Not wanting to be a woman. Dislike of one self.

**Anemia:** "Yes-but" attitude. Lack of joy. Fear of life. Not feeling good enough.

# Spiritual Letter:

## A

**Ankle:** Inflexibility and guilt. Ankles represent the ability to receive pleasure.

**Anorexia:** Denying the self life. Afraid of being rejected. Lack of self-love.

**Anxiety:** Not trusting the flow and the process of life. Refusing to live in the present.

**Apathy:** Resistance to feeling. Deadening of the self.

**Appetite:** Fear. Needing protection. Judging the emotions.

**Arm:** Represents the capacity and ability to hold the experiences of life.

**Arm Problems:** Can't hold onto life's experiences.

**Arteries:** Carries the joy of life.

**Arthritic Fingers:** A desire to punish. Blame. Feeling victimised.

**Arthritis:** Feeling unloved. Criticism, resentment.

**Rheumatoid Arthritis:** Feeling victimised. Lack of love. Resentment.

**Asthma:** Smothered love. Inability to breathe for one's self. Feeling stifled. Suppressed crying.

**Athlete's Foot:** Frustration at not being accepted. Inability to move forward with ease.

# Spiritual Letter:

## B

**Back Issues:** Represents the support of life.

***Rounded shoulders:*** Carrying the burdens of life. Helpless and hopeless.

***Lower Back Pain:*** Financial woes and lack of financial support.

***Mid-Back Pain:*** Guilt. Stuck in all that stuff back there or Get Off My Back.

***Upper Back Pain:*** Lack of emotional support or feeling unloved.

**Back Curvature:** The inability to flow with the support of life.

**Bad Breath:** Anger and revengeful thoughts. Experiences backing up.

**Baldness:** Fear. Tension. Trying to control everything. Not trusting the process of life.

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

**Belching:** Fear. Gulping life too quickly.

**Bell's Palsy:** Extreme control over anger. Unwillingness to express feelings.

**Blackheads:** Small outbursts of anger.

**Bladder Problems:** Anxiety. Holding on to old ideas. Fear of letting go.

**Bleeding:** Joy running out. Anger.

**Blisters:** Resistance. Lack of emotional protection.

**Blood Pressure *High:*** Longstanding emotional problem not solved.

***Low:*** Lack of love as a child. Defeatism.

# Spiritual Letter:

## B

**Body Odour:** Fear. Dislike of the self. Fear of others.

**Bones:** Represent the structure of the universe.

**Bone marrow:** Deepest beliefs about one self. How you support and care for yourself.

**Breaks:** Rebelling against authority.

**Brain:** Represents the computer, the switchboard.

**Tumour:** Incorrect computerised beliefs. Stubborn. Refusing to change old patterns.

**Breast:** Represents mothering and nurturing and nourishment.

**Left:** Feeling unloved, not nourishing oneself. Putting everyone else first.

**Right:** Over protection, over bearing, difficulty in giving love.

**Breath:** Represents the ability to take in life.

**Breathing Problems:** Not trusting the process of life. Getting stuck in childhood.

**Bronchitis:** Inflamed family environment. Arguments and yelling.

**Bruises:** The little bumps in life. Self-punishment.

**Bulimia:** Hopeless terror. A frantic stuffing and purging of self-hatred.

**Burns:** Anger. Burning up inside. Incensed.

**Bursitis:** Repressed anger. Wanting to hit someone.

# Spiritual Letter:

## C

**Calluses:** Hardened concepts and ideas.

**Cancer:** Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self.

**Candida:** Feeling very scattered. Lots of frustration and anger. Demanding and untrusting in relationships. Great takers.

**Carpal Tunnel Syndrome:** Anger and frustration at life's seeming injustices.

**Cataracts:** Inability to see ahead with joy. Dark future.

**Cellulite:** Stored anger and self-punishment.

**Cerebral Palsy:** A need to unite the family in an action of love.

**Chills:** Mind contraction, pulling away and in. Desire to retreat.

**Cholesterol:** Clogging the channels of joy. Fear of accepting joy.

**Circulation:** Represents the ability to feel and express the emotions in positive ways.

**Colds:** Too much going on at once. Mind confusion, disorder.

**Colic:** Mind irritation, impatience, annoyance with surroundings.

# Spiritual Letter:

## C

**Colitis:** Insecurity. Represents the ease of letting go.

**Coma:** Fear. Escaping something or someone.

**Conjunctivitis:** Anger and frustration at what you are looking at in life.

**Constipation:** Incomplete releasing. Holding on to things of the past. Guilt over the past. Sometimes stinginess.

**Corns:** Hardened areas of thought. Stubborn holding on to the pain of the past.

**Coughs:** A desire to bark at the world. Listen to me!

**Cramps:** Tension. Fear. Gripping, holding on.

**Crohn's Disease:** Fear. Worry. Not feeling good enough.

**Crying:** Tears are the river of life, shed in joy as well as in sadness and fear.

**Cuts:** Punishment for not following your own rules.

**Cysts:** Running the old painful movie. Nursing hurts. A false growth.

**Cystic Fibrosis:** A thick belief that life won't work for you. "Poor me."

# Spiritual Letter:

## D

**Deafness:** Rejection, stubbornness, isolation. What don't you want to hear?  
"Don't bother me."

**Depression:** Anger, hopelessness. Living in the past.

**Diabetes:** Longing for what might have been. A great need to control.  
Deep sorrow. No sweetness left.

**Diarrhea:** Fear. Rejection. Running off or away from something.

**Dizziness:** Flighty, scattered thinking. A refusal to look.

**Dry eyes:** Angry eyes. Refusing to see with love. Would rather die than  
forgive. Being spiteful.

**Dysmenorrhea:** Anger at the self. Hatred of the body or of women.

# Spiritual Letter:

## E

**Ear Ache:** Anger. Not wanting to hear. Too much turmoil. Household arguing.

**Eczema:** Breath-taking antagonism. Mind eruptions.

**Edema:** What or who won't you let go of?

**Elbow Problems:** Not being flexible or able to change directions. Not accepting new experiences.

**Emphysema:** Fear of taking in life. Not worthy of living.

**Endometriosis:** Insecurity, disappointment and frustration. Replacing self-love with sugar. Blames others.

**Epilepsy:** Sense of persecution. Rejection of life. A feeling of great struggle. Self-violence.

**Epstein-Barr Virus:** Pushing beyond one's limits. Fear of not being good enough. Draining all inner support. Stress.

**Eye:** Represents the capacity to see clearly past, present, future.

**Astigmatism:** "I" trouble. Fear of really seeing the self.

**Hyperopia (farsighted):** Fear of the present.

**Myopia (Nearsighted):** Fear of the future.

**Children:** Not wanting to see what's going on in the family.

# Spiritual Letter:

## F

**Fainting:** Fear. Can't cope. Blacking out what's really going on.

**Fatigue:** Resistance, boredom. Lack of love for what one does.

**Feet:** Represent our understanding of ourselves, of life, of others.

**Foot Problems:** Fear of the future or not stepping forward in life.

**Fever:** Anger. Burning up.

**Fibroid Tumours:** Nursing a hurt from a partner. A blow to the feminine ego.

**Fingers:** Represent the details of life.

**Thumb:** Represents intellect and worry.

**Index:** Ego and fear.

**Middle:** Represents anger and sexuality.

**Ring:** Represents unions and grief.

**Little:** Represents the family and pretending.

**Food Poisoning:** Allowing others to take control. Feeling helpless.

**Fungus:** Stagnating beliefs. Refusing to release the past.

# Spiritual Letter:

## G

**Gallstones:** Bitterness. Hard thoughts. Condemning. Pride.

**Gas:** Gripping. Fear. Undigested ideas.

**Gastritis:** Prolonged uncertainty. A feeling of doom.

**Genitals:** Represent the masculine and feminine principles. Worry about not being good enough.

**Gland Problems:** Represent holding stations. Self-staring activity. Holding yourself back.

**Gout:** The need to dominate. Impatience, anger.

**Glaucoma:** Unforgiving. Pressure from longstanding hurts. Overwhelmed.

**Grey Hair:** Stress. A belief in pressure and strain.

**Gum Problems:** Inability to back up decisions. Indecisive about life.

# Spiritual Letter:

## H

**Hands Problems:** Grasping on too tight, not wanting to let go. Not handling things well.

**Hay Fever:** Emotional congestion. Fear of the calendar. A belief in persecution. Guilt.

**Headaches:** Self-criticism. Fear. Not accepting what is going on.

**Heart:** Represents the centre of love and security.

**Heart Attack:** Squeezing all the joy in favour of money or position. Feeling alone and scared. "I'm not good enough."

**Heart Problems:** Longstanding emotional problems. Lack of joy. Hardening of the heart. Belief in strain and stress.

**Heartburn:** Fear. Clutching onto Fear. Not trusting life.

**Hemorrhoids:** Fear of deadlines. Anger of the past. Afraid to let go. Feeling burdened.

**Hepatitis:** Resistance to change. Fear, anger, hatred. Liver is the seat of anger and rage.

**Hernia:** Ruptured relationships. Strain, burdens.

# Spiritual Letter:

## H

**Herpes Genitals:** Mass belief in sexual guilt and the need for punishment. Public shame. Belief in a punishing.

**Hip Problems:** Fear of going forward in major decisions.

**Hives:** Small, hidden fears. Mountains out of molehills.

**Hodgkin's Disease:** Blame and a tremendous fear of not being good enough. A frantic race to prove one's self until the blood has no substance left to support itself. The joy of life is forgotten in the race of acceptance.

**Hyperactivity:** Fear. Feeling pressured and frantic.

**Hyperventilation:** Resisting change. Not trusting the process.

**Hypoglycemia:** Overwhelmed by the burdens in life.

**Herpes Simplex:** Bitter words left unspoken.

# Spiritual Letter:

## I

**Impotence:** Sexual pressure, tension, guilt. Social beliefs. Spite against a previous mate. Fear of mother.

**Incontinence:** Emotional overflow. Years of controlling emotions.

**Indigestion:** Gut-level fear, dread, anxiety. Griping and grunting.

**Infection:** Irritation, anger, annoyance about a current situation.

**Inflammation:** Fear. Seeing red. Inflamed thinking. Anger and frustration about conditions you are looking at in your life.

**Influenza:** Response to mass negativity and beliefs. Fear.

**Ingrown Toenail:** Worry and guilt about your right to move forward.

**Injuries:** Anger at the self. Feeling guilty.

**Insanity:** Fleeing from the family. Escapism, withdrawal. Violent separation from life.

**Insomnia:** Fear. Not trusting the process of life. Guilt.

**Intestines:** Represent assimilation and absorption.

**Itching:** Desires that go against the grain. Unsatisfied. Itching to get out or get away.

# Spiritual Letters:

## J/K

**Jaundice:** Internal and external prejudice. Unbalanced reason.

**Jaw Problems:** Anger. Resentment. Desire for revenge.

**Joint Pain:** Lack of self-love and self-acceptance.

**Kidney Problems:** Criticism, disappointment, failure. Shame. Reacting like a child.

**Kidney Stones:** Lumps of undissolved anger.

**Knee Problem:** Represents pride and ego. Stubborn ego and pride. Inability to bend. Inflexibility. Won't give in.

# Spiritual Letter:

## L

**Laryngitis:** So mad you can't speak. Fear of speaking up. Resentment of authority.

**Left Side of Body:** Represents the feminine energy, women, the mother.

**Leg Problems:** Fear of the future, not being able to carry things forward.

**Leukemia:** Brutally killing your inspiration.

**Liver Problems:** Seat of anger and primitive emotions. Chronic complaining. Justifying fault-finding to deceive yourself. Feeling bad.

**Lockjaw:** Anger. A desire to control. A refusal to express feelings.

**Lump in the Throat:** Fear. Not trusting the process of life.

**Lung: Problems:** The ability to take in life. Depression. Grief. Not feeling worthy of living life fully.

**Lupus:** A giving up. Better to die than stand up for one's self. Anger and punishment.

**Lymph Problems:** A warning that the mind needs to be centred on the essentials of life. Love and joy.

# Spiritual Letter:

## M

**Malaria:** Out of balance with nature and with life.

**Menopause Problems:** Fear of no longer being wanted. Fear of aging. Self-rejection. Not feeling good enough.

**Menstrual Problems:** Rejection of one's femininity. Guilt, fear. Belief that the genitals are sinful or dirty.

**Migraine Headaches:** Resisting the flow of life. Sexual fears.

**Mind Health:** Returning to the safety net of childhood. Wanting care and attention.

**Miscarriage:** Fear of the future. Inappropriate timing.

**Mononucleosis:** Anger at not receiving love and appreciation. No longer caring for the self.

**Motion Sickness:** Fear. Bondage. Feeling of being trapped.

**Mouth:** Represents taking in of new ideas and nourishment. Set opinions. Closed mind. Incapacity to take in new ideas.

**Multiple Sclerosis:** Mind hardness, hard-heartedness, iron will, inflexibility.

**Muscles:** Resistance to new experiences.

**Muscular Dystrophy:** "It's not worth growing up."

# Spiritual Letter: N

**Nail Biting:** Frustration. Eating away at the self. Spite of a parent.

**Narcolepsy:** Can't cope. Extreme fear. Wanting to get away from it all.  
Not wanting to be here.

**Nausea:** Fear. Rejecting an idea or experience.

**Neck Problems:** Refusing to see other person's side. Stubbornness,  
inflexibility. Unbending stubbornness.

**Nephritis:** Overreaction to disappointment or failure.

**Nervous Breakdown:** Self-centred. Restricting the channels of communication.

**Nervousness:** Fear, anxiety, struggle, rushing. Not trusting the process of life.

**Neuralgia:** Punishment for guilt. Anguish over communication.

**Nodules:** Resentment and frustration and hurt ego over career.

**Nose Bleeds:** A need for recognition. Feeling unnoticed. Crying for love.

**Runny Nose:** Asking for help. Inner crying.

**Stuffy Nose:** Not recognising one's self-worth.

**Numbness:** Withholding love and consideration.

# Spiritual Letters:

## O/P

**Osteomyelitis:** Anger and frustration at the very structure of life. Feeling unsupported.

**Osteoporosis:** Feeling there's no support left in life. Mind pressures and tightness. Muscles can't stretch.

**Ovaries:** Represent points of creation. Creativity.

**Pain:** Guilt. Emotional guilt, seeks punishment.

**Paralysis:** Paralysing thoughts. Getting stuck. Terror leading to escape from a situation or person.

**Pancreas:** Represents the sweetness of life.

**Pancreatitis:** Rejection. Anger and frustration because life has lost its sweetness.

**Parasites:** Giving power to others, letting them take over.

**Parkinson's Disease:** Fear and an intense desire to control everything and everyone.

**Peptic Ulcer:** Fear. A belief that you are not good enough. Anxious to please.

**Phlebitis:** Anger and frustration. Blaming others for the limitation and lack of joyfulness.

# Spiritual Letters:

## P/R

**Pimples:** Small outbursts of anger.

**Pituitary Gland:** Represents the control centre.

**Pneumonia:** Tired of life. Emotional wounds that are not allowed to heal.

**Poison Ivy:** Allergy Feeling and open to attack.

**Polio:** Paralysing jealousy. A desire to stop someone.

**Premenstrual Syndrome:** Allowing confusion to reign. Giving power to others. Rejection of the feminine processes.

**Prostate:** Represents the masculine principle. Mental fears weaken the masculinity. Giving up. Sexual pressure and guilt. Belief in aging.

**Psoriasis:** Fear of being hurt. Deadening the senses of the self. Refusing to accept responsibility for our own feelings.

**Rash:** Irritation over delays. Immature way to get attention.

**Right Side of Body:** Giving out, letting go, masculine energy, the father.

**Ringworm:** Allowing others to get under your skin. Not feeling good enough or clean enough.

# Spiritual Letter:

## S

**Scabies:** Infected thinking. Allowing others to get under your skin.

**Sciatica:** Being hypocritical. Fear of money and the future.

**Scleroderma:** Protecting oneself from life. Not trusting yourself to be there and to take care of yourself.

**Scratches:** Feeling life tears at you, life isn't treating you well.

**Seizures:** Running away from one self, family or from life.

**Senility:** Returning to the so-called safety of childhood. Demanding care and attention. Escapism.

**Sexual Arousal Disorder:** Fear. Denial of pleasure. A belief that sex is bad. Insensitive partners. Fear of father.

**Shin:** Represents the standards of life. Breaking down ideals.

**Shingles:** Waiting for the other shoe to drop. Fear and tension.

**Sinus Problems:** Irritation by one person, someone close.

**Skin:** Protects our individuality. Anxiety, fear. Old, buried things.

**Slipped Disc:** Feeling totally unsupported by life. Indecisive.

# Spiritual Letter:

## S

**Snoring:** Stubborn refusal to let go of old patterns.

**Solar Plexus:** Gut reactions. Centre of our intuitive power.

**Sore Throat:** Unexpressed anger that settles in. Feeling unable to express one self.

**Spleen:** Being obsessed about things.

**Sprains:** Anger and resistance. Not wanting to move in a certain direction in life.

**Sterility:** Fear and resistance to the process of life or not needing to go through the parenting experience.

**Stiffness:** Rigid thinking.

**Stomach Problems:** Fear of the new. Inability to assimilate the new.

**Stroke:** Giving up. Resistance. Rather die than change. Rejection of life.

**Stuttering:** Insecurity. Lack of self-expression. Not being allowed to cry.

**Sty:** Looking at life through angry eyes. Angry at someone.

**Suicidal thoughts:** See life only in black and white. Refusal to see another way.

# Spiritual Letter:

## T

**Teeth Problems:** Longstanding indecisiveness.

**Root Canal:** Can't bite into anything anymore. Beliefs being destroyed.

**Impacted Wisdom Teeth:** Not having mind space to create a firm foundation.

**Throat Problems:** The inability to speak up for one self. Swallowed anger. Stifled creativity.

**Thrush:** Anger over making the wrong decisions.

**Thymus Gland:** Feeling attacked by life. They're out to get me.

**Thyroid Gland:** Humiliation. I never get to do what I want to do.

**Hyperthyroid:** Rage at being left out.

**Tics, Twitches:** Fear. A feeling of being watched by others.

**Tinnitus or Ringing in the Ears:** Refusal to listen. Ignoring the inner voice.

**Tonsillitis:** Fear. Repressed emotions. Stifled creativity.

**Thyroid Problems:** Humiliation. Feeling put down. Never get to do what you want.

**Tuberculosis:** Wasting away from selfishness. Possessive. Cruel thoughts

**Tumours:** Building on remorse.

# Spiritual Letters:

## U/V/W/X/Y/Z

**Ulcer:** Festering words held back by the lips. Blame.

**Urinary infections:** Pissed off, usually at the opposite sex or a lover.  
Blaming others.

**Vaginitis:** Anger at a mate. Sexual guilt. Punishing the self.

**Varicose Veins:** Standing in a situation you hate. Discouragement.  
Feeling over-worked and overburdened.

**Vitiligo:** Feeling completely outside of things. Not belonging.

**Vomiting:** Violent rejection of ideas. Fear of the new.

**Warts:** Little expressions of hate. Belief in ugliness.

**Plantar Warts:** Anger at the very basis of your understanding. Spreading  
frustration about the future.

**Weight issues:** Often represents fear and shows a need for protection.

**Arms:** Anger at being denied love.

**Belly:** Anger at being denied nourishment.

**Hips:** Lumps of stubborn anger at the parents.

**Thighs:** Packed childhood anger. Often rage at the father.

**Wrist Problem:** Not handling things with ease. Stubbornness.

# QUOTE: **TRUST IN SOUL**

“ Always listen from within. Your soul is wiser than you think. ”

Blank Page