

# Testimonial



## COLITIS ULCEROSA

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**“By resolving my conflict I was able to cure my ‘disease!’”**

I'm a 46 year old man and would like to tell you about my GNM experience.

I was working for an electric company (I'll call it Ben & Bros) for many years doing sub-contract work. One day, out of the blue, a supervisor from the State electric company approached me and offered me a job. I gave a two-week notice and left to join what I considered my ultimate dream job. It's the top shelf stuff to work for the state's electric supplier. I felt so lucky and privileged.

Two months after I had started working for the Electric Company, we were in a development doing some work and my previous employer Ben & Bros was doing some of our subcontract work further down the street with a machine I used to operate when I worked there. One of the guys from Ben & Bros came over to us to say the alarms had gone off on their machine indicating they hit underground electric lines and needed assistance. My partner and I were both familiar with the machine and electric lines, so we went over to see what they had hit.

As we looked into the hole, my partner said to the Ben & Bros. employee to move the machine back so we could get a better look. This is standard procedure which both of us have done in the past in similar circumstances. When he did this, wires crossed and a huge explosion occurred! There were transformers smoking everywhere, and the burst of current travelled to every house on the block and any appliance that was running at the time blew out. People could have been hurt, but amazingly they were not.

We fixed the immediate problems but both my partner and I were very shocked and shaken by what had happened, as neither of us has ever experienced this before, and we'd been doing this kind of work for nearly 20 years.

The thought that kept running through my head was that I was going to be fired for this. My probationary period was a full year long, and I'd only been at the company for two months. It's very easy for the company to fire workers during this first year if they chose to do so. I kept thinking Ben & Bros would blame me for telling them to move the machine even though I hadn't suggested that. I thought they might say that from spite because they were angry that I had left the company because I had been very valuable to them.

That night I was freezing cold, I could hardly eat dinner, and I couldn't sleep. I thought I was going to lose my dream job. I waited to be questioned the next day. No one said anything. Two days, three days, a week, two weeks passed. No one questioned me about what happened, but I was still nervous all that time. Finally about 3-4 weeks later, my supervisor said Ben & Bros had paid for all the appliances and they were clearly at fault. My relief was immense!

About a week after that, I had blood in my stool. Light at first, then it got brighter and more intense. My stool turned to a bloody diarrhea. My wife and I weren't too familiar with GNM yet. My doc suggested getting a colonoscopy. The diagnosis: Colitis Ulcerosa. Now, if you research what that is, you'll be told it's something you live with for the rest of your life. I took the prescribed meds for about a month, but continued to read more about GNM, and pinpointed the exact conflict shock --the explosion-- then the worry about being blamed by my ex-company and getting fired. The GNM explanation of Colitis Ulcerosa is an "ugly, indigestible morsel" conflict, that is, in my case, feeling wrongfully accused of defrauding an insurance company. That's how I felt!

It has been a year and a half since being diagnosed and I have NOT had a single issue with it. My bowels are completely healed because the conflict has been completely resolved; I had passed my probationary period and do no longer have to worry about losing my dream job. Had I continued to relive and worry about the event, I would have had constant relapses creating a chronic condition.

By resolving my conflict I was able to cure my "disease"! It couldn't have been any easier!

**GNM Explanation:** This case is a good example of the very subjective nature of a conflict shock ("The thought that kept running through my head was that I was going to be fired for this").

The biological conflict linked to the intestine is a morsel conflict that one is subjectively unable to "digest". We humans can experience such "indigestible morsel" conflicts also in a figurative sense ("feeling wrongfully accused of defrauding an insurance company. That's how I felt!")

During the conflict-active phase, the intestinal cells proliferate for the purpose to produce more digestive juices so that the "indigestible" morsel can be better absorbed and digested. While the psyche and the autonomous nervous system are in a state of stress ("I was still nervous all that time") with cold extremities (cold phase), a loss of appetite and sleep disturbances, there are, at this point, no symptoms on the organ level.

With the resolution of the conflict ("My relief was immense!"), the healing phase is initiated. During the healing process, the additional cells that are no longer required are broken down and removed accompanied with diarrhea as a positive sign that the natural cell-removal process is under way and the "indigestible morsel" is now being eliminated. Blood in the stool indicates that the conflict-activity was intense (the cell proliferation on the organ level is proportional to the conflict-intensity).

Through the knowledge of GNM, our friend was able to identify the exact conflict, understand the nature of the healing symptoms, and was able to complete the healing process through the awareness that the conflict has been completely resolved ("Had I continued to relive and worry about the event, I would have had constant relapses creating a chronic condition of colitis").

**Source :** [www.LearningGNM.com](http://www.LearningGNM.com)