

The Unexamined Life...

As we begin another year, many of us have taken a look at the prior 12 months to see what was done well and what is best forgotten about. The former causes a brief moment of happiness; the latter, often pain and regret. Our joys and pains are most often about one or more of: health, wealth, and relationships. For many, the regrets outweigh the pleasure in these three critical areas, but it doesn't have to be that way! Future articles will focus on each of these and will share time- and cost-effective ways to reverse ourselves out of these traps. Firstly, let's 'process' where we've been, and how we got there and why.

Initially we learn everything from our family. Then authority figures, friends, and even the media cast their respective molds. And when we begin to have more conscious abilities to reason, our schoolteachers take over, but rather than teaching us *how to think*, the system asks that they teach us *what to think*. And isn't it interesting how the three highest ranking matters of importance aren't taught at this level – or any level!?!? Sure, we took a basic Health class in 9th grade, but much of that is insular; the syllabus focused solely on the physical aspects and look where that's gotten us. With this brief education of the most important of all things, who do you know that can claim they are truly healthy all (or even most of) the time? Clearly something is missing. True health is four-fold. We have the: physical; intellectual; emotional; and spiritual aspects. If any of these are missing from a health program, much less a way of life, there will always be pain and illness that otherwise could have been avoided. Awareness and subsequent preventative measures will always lead to better health, but that's rarely taught.

Also, no one in school taught us how to manage money; more often we see how to mismanage money! Money is a form of energy and if it is hoarded or overly spent without conscious awareness, we will stagnate or poison this energy system. Likewise, no one in school taught us how to have open and communicative relationships; we often learn from our parents and authority figures who may or may not have expertise in this area. If we have a 60% (or more) divorce rate, clearly we learned a lot of bad information!

Because what you give to another you give to yourself, it is in the unconditional giving that health, wealth, and true love reside. Don't believe me? Try it. Or if you are truly happy with these three things as they are, don't try it. I'm not claiming to be right; just making observations and sharing time-proven suggestions. Actually, I like being wrong; it gives me a chance to learn something! Have you ever noticed there are no points given at the end of life for being right? And, because it's usually done at the expense of making someone else wrong, it's a great way to distance yourself from others. No one on their death bed ever thought, "I'm so happy I was right." What they do think and share most often are regrets that they could have been more loving, more giving, more open minded, more supportive, more attentive, more present, and more open hearted.

Now here's the irony of it all. When someone suggests you take a class or read a book to get more knowledge and skills in health, wealth, or relationships, how do you react? When presented with an opportunity to learn what was obviously not taught, we often reject it. Yet a quality therapist or life coach can be helpful because they will see things from a different POV than your peers or partner and share them with you without holding back, but few of us will excitedly share with our friends that we're in therapy. Think about it; you take a step in surrendering, you admit there's something you don't know and you seek assistance in bettering your life, and are afraid to share that publicly! Vulnerability can be sexy, but our own fear of external judgment keeps us small. How backwards we all have it; admitting we need help not only opens the doors for others to do the same, it makes us more human and more lovable, and it even opens creative energies igniting change on many levels.

Certain things we're told to never question, that it's blasphemous even, yet questioning is the way of learning. Experiencing is the method of growing. "The unexamined life is not worth living" Socrates said at his trial for heresy. We seek peace and instead try to attain it with more aggression. We seek wisdom and settle for what we've been taught. We seek love and settle for variable versions of like. Life does not happen while being stagnant due to fears of growing, failing, or even succeeding. Growth can not occur without taking chances that to some seem ridiculous. In the next few articles, the ridiculous will make sense to you and together we'll catalyze more opportunities for highs than lows. Next New Year's will be very different indeed.

~

Dave Markowitz is an Author and Intuitive, and the founder of Source Point Healing. Dave's shared the bill with Deepak Chopra and Gary Null and has been written about on ABCNews.com. He sees clients individually and in groups both by phone and in person. See www.DaveMarkowitz.com.