

Chapter 14: Can We Think Ourselves into Optimum Health?

The happiness of life is made up of minute fractions—the little, soon-forgotten charities of a kiss or smile, a kind look or heartfelt compliment.

—Samuel Taylor Coleridge, poet, philosopher

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Everything around and within you is energy; that which you can see and touch is vibrating slower than that which you can hear, and that which you can hear is vibrating slower than that which you can not perceive at all. How you perceive (or not) is only a reflection of the frequency, or the speed, at which something vibrates. All that vibrates, which is everything, are differentiations of one entity—energy. If we can see that we are really energy vibrating at a certain frequency, it will explain how years worth of headaches, neck, or back pain can be eliminated in much less time than previously accepted. It is easier to manipulate this energy, or the building blocks, than what you once thought of as matter to catalyze a shift in the physical. In other words, it is easier to move a bit of sand than the whole beach. Energy is of course highly malleable; matter, as it has been perceived until now, is practically immovable. For that reason, mind-body healing can be instantaneous; body-only healing can not. The precursor to this energy, or that which makes it move, is thought. Therefore, it is entirely possible to think yourself into optimum health!

Nature is the Best Teacher

One of the primary causes of ill health is resistance to the flow of life. We often think that something should be a certain way and get upset when it isn't—as if we know best. Nature beautifully exemplifies for us the necessary flexibility to achieve internal harmony.

Trees don't hunch over and cross their branches in frustration when they don't get enough water; they "know" that the rain will come. When the wind blows their branches to the side, they gently spring back to their original position after the wind slows down. Plants don't kill other plants to get more sun than their neighboring plants; they too "know" that the sun's light can be shared. But humans change the weather with air conditioning and indoor heat. Some push away or kill those who live where others want to live. Humans cut down trees and kill wildlife as if *they* are in *our* way. We take from others, and do so at any cost, just to have not only what we think we need now, but what we fear we'll be without in the future.

And yet if all of the world's resources; food, water, shelter, and even money were divided up equally among the inhabitants of mother Earth, everyone would have enough! There is enough of everything; only our own "lack consciousness" makes us take more than we give. We then have the *haves* and the *have-nots*. And as long as that remains, there will be trouble and strife. If we shared everything equally, if we gave away what we do not use, do you think there would be more unity and peace?

When water is blocked, it builds up pressure just like we do, and the pressure must be released. As the clouds release water when they are saturated, so do humans burst at the seams when we've had enough bottling up of emotions. Water however, doesn't demand that trees move to another neighborhood, nor does it need to move the things that are blocking it in the stream. If it comes upon a few rocks in the stream, it molds itself around the rocks and simply keeps on flowing.

We can hurdle perceived obstacles if we accept that they are there and then work around them, too. By going with the flow of life, we immediately reduce stress and the possibility of bursting at the seams. In fact, we'd never be that full. If we accept that there is more to life than what we think we want, how much resistance would that release?

God's plan for us is always bigger than our plans for us.
- Oprah Winfrey

We are made up of roughly 90% water, but we let the other 10% or so dictate our lives. As per www.Hado.Net, water reacts at the molecular level to thoughts and energy. If it is exposed to negative energy—thoughts of war, for example—the crystals become murky. If sung to with love, it creates beautiful crystals. We are no different. We are mostly made of water, so positive thoughts of love and compassion create high vibration energy within us, giving us internal peace, unbridled energy, and optimal health. Or, if we let anger or grief get the best of us, we create our own pain and illness.

Be cause of the wonderful things you do ...

Once people experience this alternative view of understanding and dealing with pain, they will invariably ask if I can help with “X” or “Y” illness or disease. The names of illness or disease are irrelevant because I do not work with disease as you understand it. I therefore claim no cures of any kind because there is nothing to cure. I do however work with symptoms of pain and illness, and if this is a part of what you are experiencing, you can benefit from this work.

If taken to the next level, anyone can use these tips to assist them in a healing process, only the results might not be so quick. It will likely take a longer period of time to reverse years of damage created by years of negative thought. But even if it takes a year to get where you desire, it is still better than where you were when you started!