

## Chapter 7: The Five Steps to Health

### Step 1: Awareness

Awareness of why we have a pain or illness, why we haven't been able to get rid of it, and what can be done about it will set you on the road toward better health. Awareness assists in preventing ailments from occurring to begin with. If we were aware that anger, for example, can cause serious chronic pain or worse, we would do anything to avoid being angry, right? So how do we avoid becoming angry? We don't! Not liking something is normal.

I don't like you and you don't like me, but we have to work together so why not make the best of it?

I can dislike you and still love you, meaning I accept that we disagree on say, politics, or even what you like on your pizza. But I support your choices and your desire to be you. To practice unconditional love means to accept not only what is, but *who* is.

To maintain health and prevent illness, it is imperative to release anger in a healthy way as opposed to repressing it. Likewise, this is true for all of our natural emotions that we are told to suppress—they actually make us who we are. Fear, love, anger, grief, and envy are natural states; however when they're repressed, these among other symptoms can manifest:

- Repressed fear can lead to worry, victim consciousness, external blame, anxiety, panic, and what is called a neurological condition (for example, what is called tremors/Parkinson's), and more.

- Repressed love leads to neediness, obsession, unbalanced relationships, heart and circulation problems, and more.
- Repressed anger becomes muscle tightness, hatred, physical aches and pains, what is called tumors, rage, violence, and more.
- Repressed grief leads to skin, sinus, breathing and elimination problems, pancreatic dysfunction, apathy, what is known as depression, and more.
- Repressed envy leads to jealousy, theft, insecurity, and more.

Awareness, though highly atypical, is a state of mind that consistently and eventually quite naturally involves keen perception of all possible perspectives around and within any persons or situations. Awareness means mindfulness of who and what is around us, how they or it are affecting us, and how we are affecting them. Awareness means looking behind the obvious symptoms of our pain or illness for the real reasons they manifested.

When emotions are repressed, it creates an energetic weakness, meaning that energy does not flow but rather is blocked. People with energetic blockages are now more susceptible to physical injury than others. Indeed, uncountable numbers of people have played tennis, or lifted weights, or slept wrong, or worked a keyboard, and experienced muscle pain. And there are uncountable others who did the exact same motions with the exact same amount of exertion who were not injured. If it was only the physical force that injured people, everyone who experienced these movements would be hurt in the same way. That is obviously not the case. So, does tennis cause tennis elbow? Does working at a computer cause carpal tunnel syndrome? Does lifting something cause back pain? What do *you* think?

## Step 2: Acceptance

*Whatever the present moment contains, accept it as if you had chosen it. Accept—then act. Always work with it, not against it. Make the present your friend and ally, not your opponent. This will miraculously transform your whole life.*

—Eckhart Tolle, author

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Because thoughts are creative, complaining about what *shouldn't be* is further recreating *what already is*. The creative forces of the Universe that are put into motion by your thoughts do not differentiate between *should be's* and *shouldn't be's*; they simply recreate the subject matter of the sentence. Your thoughts, therefore your energy toward the subject of what you feel *shouldn't be*, actually re-creates what you feel *shouldn't be*! I know that concept sounds dumb, but when you talk to God you can tell her to do it differently next time; for now we need to play by her rules!

Try thinking or saying “I am healthy,” or if that seems too unrealistic right now try, “All things lead to being healthy” as opposed to saying, “There *shouldn't be* pain.” You will then be giving energy toward creating health as opposed to creating energy leading to pain. It is more powerful to say, “There *can be* peace” than “there *shouldn't be* war” because you are giving energy to peace. Think about all the aspects of you that are healthy:

She feels her leg muscles flex and relax when she walks up the stairs. She listens to her tireless heart beating rhythmically in the dance of life. He can touch her skin; it's soft and flexible like her wide open heart. She moves with ease known only by water. Her body is a spiral of unbreakable energy; he can bend and twist and run, and she embraces the

all. They can see their breath on a chilly winter morning. They can hear the laughter of a baby who is just starting to walk.

You will notice as you listen to others that anyone who consistently complains about their ill health takes forever to heal. This is because they are re-feeding the causative energy! Yet, many of these same people will also not tell others of upcoming good news in fear of jinxing it! Oh, how backwards we've all got it!

Acceptance doesn't mean giving up on changing something, nor does it mean to say, "Hooray, I have Herpes!" In fact it's quite the opposite. When you accept what is, you are creating room for something new. Lack of acceptance of what is, or resistance, recreates what it is that you don't like—whether you like it or not. An obvious example of this is fighting for peace through modes of violence; it only propagates the fighting.

### Step 3: Opportunity

Once you are fully aware of what caused your pain or illness and have accepted it, you will have an opportunity to heal it by looking into an *emotional aspect of yourself* in need of healing. We already know that complaining about a thing you don't really want will just keep it in place; continued complaining manifests into chronic pain and/or more serious illness.

If your pain is a result of repressed anger, it can be looked at as an opportunity to look into that anger and understand why it is there, and then figure out what can be done about it. Ask yourself, "How can I be with this new information that is more *creative* than *destructive* to my health and to my life?" This simple step can heal old relationships and clear unfinished business.

Seeing pain or illness as an opportunity and not a burden is a key to spiritual growth and improving physical health. Two persons might view the same task from

different perspectives; one will see it as a challenge and therefore love it, and the other will be miserable. Guess which one will have better health! When you can view things—even an illness—as an opportunity, that alone can decrease some of your symptoms. Now you are more able to feel the ever present healing love that always is.

My shoulder hurts when I raise my arm, so I can not do Yoga this week.

*Yeah, and...?*

While the initial realization of not being able to do something you feel is beneficial for you may be perceived as a burden, you can practice accepting what is by taking this opportunity to try something else. Maybe it's time to take a walk in a park and feel the fresh air invigorate you as much as a Hatha Yoga class might. Maybe you can jog around the block a few times, or even start a project that gives your shoulder a rest. See things as an opportunity and not a burden, and watch what happens. Accepting and being okay with what is, is merely a decision that you can make at any time.

*Resistance is futile.*

—The Borg

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When you have really mastered seeing things as an opportunity, the next step is to see everything and everyone as a gift. For all things and people truly are a gift; we did nothing to deserve anything, much less life itself.

#### Step 4: Gratitude

*Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life.*

—Christiane Northrop, M.D., author

Complaining about what we do not have will keep that perceived aspect further away from us, and being thankful for what we do have will increase the quality and the quantity of the things we think we don't have! Things could be a lot worse. If you can read this book, be thankful because you are among those who can read. If you can afford to buy some nice clothing, be thankful that you live and work in a job that probably makes you more money in a day than most of the world's population earns in a year. There is always something to be thankful for.

She witnesses her own smile while watching herself in the mirror as she laughs with joy from watching herself in the mirror! She hears the words of Rumi from her lover's lips, and tastes their love in the air between them. She feels her connection to the divine and all that is, and smells the flowers outside her door—even after they are long gone—with just a memory of their scent. She touches the fur of her cat as he purrs with delight.

You can be thankful for your car, your fingers, water, the sun, or even something that initially seems horrible. How many people do you know who have taken their lives for granted have been threatened with a serious condition? Afterwards, many of these people will claim to feel a rebirthing. They no longer take life for granted. There is now a new opportunity to do things differently; to avoid pain before it manifests and to teach others from a place of gratitude.

*To speak gratitude is courteous and pleasant. To enact gratitude is generous and noble, but to live gratitude is to touch Heaven.*

Johannes A. Gaertner, managing director

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If this seems a bit heady, there is a more tangible aspect of the gratitude phase that is called *listing*. Even if you are mad at someone, list three things every day (even if they are the same three things repeated each day) that were positive about that person or your experience with that person. Take time to meditate on these positive aspects. This is one method of feeling and expressing gratitude, thus reinforcing those positive, healing energies, as opposed to repeating the creation of the negative energy pattern that got you in pain to begin with!

► Note: *It is a common thought that expressing gratitude makes your creator happy. Your creator doesn't need you to make her happy. He already is happy, and is unhappy, because it shares with us all of our experience—the good, the bad, and everything in between.*

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Many of us are taught by organized religions to believe that God would be more inclined to grant us our wishes *if* we express gratitude. I'm sorry to burst your egocentric bubble, but this is an example of human conditionality projected upon the creator. It is our own positive feelings generated by the inward or outward expression of gratitude and the resultant increase in our vibration that calls forth more of the positive.

Even Santa Claus, we're taught, will only give us presents if we are "good"— talk about conditional love! Even the jolly Saint Nick has an agenda! That is why *Listing* is so important! It creates space, and leads to a considerably easier time with the next step, the ultimate of healers, forgiveness.

### Step 5: Forgiveness

*Life is for-giving, not for-getting.*  
—Neale Donald Walsh, author

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Within what is created with awareness, acceptance, opportunity, and gratitude, is a chance to utilize forgiveness; one of the most powerful healing forces in the universe! This concept brings up a lot of questions about blame, vengeance, and justice. How can we forgive even the most grievous of crimes? How can we forgive when all we've been taught about any wrongdoing is to seek justice, or even vengeance? It begins by altering the parameters around the definition of forgiveness itself!

Living in the old paradigm of love, he was angry for not getting what he was taught he *should* be getting from his girlfriend. He was blinded by love's allure; he could not feel his own pain when in her presence. He built up a lot of anger toward her for something she had not only little idea about, but didn't have the desire to see. He thought he had to forgive her, but how could he forgive someone who had no idea of how her actions were affecting him? Later, he realized he had to forgive himself.

Take steps to become aware of why anyone did anything, and fully understand that no one does anything they think is wrong. All actions are justified or they are left undone. As difficult as this seems to believe, it has to be true. You would not, ever, do what you feel is wrong. If you did something while thinking it was wrong, you've somehow justified it to make it okay, therefore making it right, even if only temporarily.

*"If you want others to be happy, practice compassion.*

*If you want to be happy, practice compassion."*

—The Dalai Lama

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You don't forgive by letting someone off the hook; that does nothing but repress your emotions further. You forgive by altering the definition of forgiveness, from "letting someone off the hook" to "canceling their affects on you." You claim to yourself and the Universe that you have learned not to repress anger—that you have learned from this opportunity that no one is perfect and everyone makes mistakes.

Utilize compassion here, for it is just another amazing tool in healing of the self and the planet. By exhibiting compassion, forgiveness becomes easy! Besides, having compassion just feels good. With compassion comes the realization that mistakes are really not mistakes at all, but are opportunities to learn what types of behavior are best not repeated.

► *Note: When I was unable to be diagnosed by ten different Doctors for the same set of symptoms, I held anger towards them. This delayed and actually prevented healing until I realized they were doing their best, given their model of healing; nothing more, nothing less.*

You don't have to experience every wrongdoing, mistake, or resultant anger on your own. You can learn from the actions of others. You can decide to forgive, or cancel, the perception of an alleged perpetrator's mistakes because not forgiving is too painful to your own self. You forgive because through awareness you realize that an assumed perpetrator is really a gift (in the larger picture) in disguise. You forgive because you love yourself too much not to. You forgive by utilizing *the* most powerful force in the Universe—Love.