

## CHOOSING HEALTH OVER PAIN

©DAVE MARKOWITZ

When river water finds a rock in its path, the water flows right over and around the rock—never once thinking *What should I do now?* Never does it give in to the fear of *What if I make the wrong decision?* This is our innate ability as well; however, we're taught from infancy that the answers are external to ourselves. Our inherent freedom to choose is gradually stripped away, so we often do what everyone else taught us to do—we get angry because things didn't go our way, as if we always know best.

The soul inhabits your body after being in total awareness and without the limitations defined by our current understandings of time and space. The soul wants to experience the “all” once again. Every time it is made to feel smaller than it is by an outside yet well-meaning force, it forms a tiny scar on the personality it now shares. Though few look at it this way, when a two year old says “NO” to every suggestion that isn't its own, it is the soul acting out against what it feels is an oppressor!

The forming personality is confused by mixed messages. When you are less than two, each vocal sound and even small movements are praised and encouraged. By age five, these sounds have grown louder and more complex. Talking and running are commonplace, yet the child is often told to sit still; to be seen and not heard. The child is force-fed everyone else's reality in the forms of conditioning via positive and negative reinforcement, automaton education, and outdated myths. Though well-meaning, these are still interpreted as oppressive by the soul. This negative conditioning forms scars and destructive energetic patterns that stay with the person; eventually developing into fears, repression of emotions, and ultimately pains and illness.

Lack of choice has become the way of the land. After age thirty-five most persons don't try anything new, never learn a new language, change jobs, or even meet new people. Challenges are shunned, opportunities are left unseen, and even what we desire most, true love, is rejected—we have become a stagnant bunch of humans! This lack of choice is reflected in our current system of healthcare. We believe that aches and pains are normal and because the mind and the body are interconnected, what we believe to be true becomes just that; we will then encounter aches and pains. We're taught to take a pill which numbs our senses, tricking the mind into thinking everything with the body is okay. It's not okay—if it were, we'd have no

aches or pains in the body. Pain is a burden or an opportunity; the choice, believe it or not, is ours to make.

To make any change it is necessary to understand why the pain occurred to begin with. Awareness is everything! If we live like the herd, unconsciously drudging through daily activities with nothing new to challenge us, our innate awareness is diminished and sometimes forgotten altogether. How can we make the changes we desire? How can we find quality relationships? How can we get enough money for what we do? And of course, How can we live a life happy, pain-free, and filled with love? It is time to reawaken ourselves to the freedom of choice in creating a newer, more health-conducive truth.

We can choose what to wear, what to eat, and where to go, but few consciously choose health over pain. We seek assistance from healthcare practitioners, but the most that many are able to offer is merely temporary pain management because few work with the underlying cause(s). This is an observation, not a judgment.

You may notice that people who complain the most are always in pain. They don't complain because of the pain (initially), the pain exists because they complain! As they continue to complain they are re-feeding the cause and are re-manifesting pain!

We can choose to stop the insanity before it becomes worse, or choose to prevent pain from occurring altogether! Here's an example of choice in healthcare, its varied diagnoses, and projected outcomes. A pain in the buttocks that sometimes refers down one leg, or what western medicine calls sciatica, has a different awareness of the underlying causes and therefore equally different treatment protocols, and equally different prognoses. Persons diagnosed with sciatica are treated by means of medication, and/or physical therapy, and/or surgery by traditional healthcare providers. The process and recovery *may* be about 10–12 months. The exact same set of symptoms when diagnosed by a chiropractor will be called vertebral subluxations and he/she *may* recommend three visits per week for a few months decreasing in frequency with time, but overall it may be around 6–8 months. The same set of symptoms observed by an acupuncturist *may* lead to a diagnosis of an energetic blockage in the gall bladder meridian, and they'll treat that blockage—a process taking approximately 3 months. While it's easy to look at these numbers and conclude someone has to be wrong, that is not the case at all. There are as many truths as there are people; it's up to you to choose which one works for you. None of these practices or practitioners are better than another; they are merely different. "For every thing there is a purpose." Some people need a longer period of time to recover for numerous reasons; some need the attention it brings, some aren't "ready" to release the pain or the attachments to

the pain quite yet, and some aren't aware there is an option. These are manifestations of energetic patterns set up long ago.

According to Quantum Physics, we are all energy that is vibrating slowly enough to be seen and at a particular frequency. If you treat the body as a physical entity only, healing is slow and costly. Energetic medicine works faster because energy is the basic building block of everything and everyone, and can therefore get to the root with more efficiency. Yet, sometimes even in energywork the initiating pattern is not addressed fully—this can result in reoccurrences of aches and pain. This is why awareness of the underlying factors is needed to create a new reality that better serves you. By keeping yourself in a state of awareness, long-term healing is not just possible, but highly probable.

- Memories and emotions are thoughts
- All thoughts move energy
- Focused energy creates your reality
- Energy that is repressed has to go somewhere
- Continued repression of energy creates stiffness, pain, and illness

My lectures, workshops, private sessions and book can assist you with awareness and in minimizing or eliminating pain, and the relief lasts longer because we go back to the initial cause. I can help you understand these causes, and offer an entirely new perspective on not only the causes themselves, but how to stop them from manifesting in pain and illness. As an energy medicine practitioner, I can assist in removing the energetic patterns more quickly than through awareness alone, yet during my workshops, I do no energy work at all. I merely guide you through an innovative process of awareness, and *you* heal yourself.

This process gives you the knowledge of: how to heal yourself; how to prevent aches and pains from occurring; and how to prevent them from reoccurring through first-hand experience. It is the next phase of mind-body medicine—the most time- and cost-efficient modality available. Everyone deserves to live their lives pain-free, with more energy available to create the life you want to lead unencumbered by physical aches and pains slowing you down. Health and happiness are our birthrights, but we have to choose them, and choose what it will take to return to the natural state of love we already are.

There are numerous possibilities that begin with a new awareness about health and healing! It is time to regain and choose that awareness and enjoy the benefits of more energy, better health, and our inner divinity.