

## Asian Healing Techniques

### PEARLS OF WISDOM

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As we reflect on another year gone by with its successes, failures, challenges, victories, disappointments, and set our sights on the year ahead with hope, positive affirmations, goals and high expectations, let us digest the following words. Clip this article for future reference. There will be times during the coming year when the magic of these simple words may possibly turn your life around, or the life of someone you know.

#### How to Become Sick If You're Well

- > Avoid making any changes which would bring greater satisfaction and joy into your life.
- > Shun anything that resembles humor. Remember that life is a serious struggle and is no laughing matter.
- > Do not express your feelings and views openly and honestly. Other people wouldn't appreciate it. If at all possible, avoid even knowing what you're feelings are.
- > Blame other people for all your problems. Stay angry at people for everything lacking in your life.
- > Avoid any possibility of developing deep friendships and intimate relations with your mate.
- > Fill your mind with dreadful pictures and then become obsessed with them. Worry about the future often, if not all the time.
- > Be resentful, hypercritical and judgmental of everyone around you, especially yourself.
- > Do lots of things you don't like and avoid doing what you really want. Follow everyone else's opinion and advice, while feeling miserable and stuck.
- > Cultivate the perception that your life is meaningless and of little value.
- > Don't pay any attention to your body. Eat plenty of junk food, don't exercise and drink lots of tap water. If you are stressed and tired, ignore it. Just keep pushing yourself.

#### How to Become More Sick (If You're Already Sick)

- > Think constantly about all the awful things that could happen to you. Dwell on the negative, fearful images.
- > Be depressed, self-pitying, envious and angry. Blame everyone and everything for your illness.
- > Read articles, books, newspapers, watch TV programs, and listen to people who reinforce the viewpoint that there is no hope. Feel that you are powerless to influence your future.

- > Cut yourself off from other people; be reclusive.
- > Despise yourself for having destroyed your life or for not having gotten everything out of it you could. Dwell on your age and realize you're getting older every day.
- > Go see lots of different doctors; run from one to another; spend half your time in waiting rooms; get lots of conflicting opinions and lots of treatment; start one program after another without sticking to any. Become thoroughly confused.
- > Stop working on projects and give up activities that bring you a sense of purpose and fun. See your life as essentially pointless and at an end.
- > Complain constantly about your symptoms and associate exclusively with other people who are unhappy and embittered, thus reinforcing your feelings of hopelessness and hatred.
- > Don't take care of yourself. What's the use?
- > Think how awful life is and how you might as well be dead. But also make sure that you are absolutely terrified of death, just to increase the pain and terror you feel.

#### How to Stay Well or Get Better If You've Been Sick

- > Do things that bring you a sense of fulfillment, joy and purpose; things that validate your self-worth. See your life as being your own creation and strive to make it a positive and expansive one.
- > Pay close and loving attention to yourself, tuning into your needs on all levels. Take care of yourself, nourishing, supporting and encouraging yourself.
- > Release all negative emotions, especially resentment, envy, fear, sadness and anger. Express your feelings appropriately and authentically; don't hold onto them. Forgive yourself daily for anything you feel bad about.
- > Hold positive images and goals in your mind; pictures of what you truly want in your life. When fearful images arise, refocus on positive images that evoke feelings of peace and joy.
- > Love yourself unconditionally and do your best to love everyone else. Make this love the purpose and primary expression in your life. Create fun, loving, honest, relationships, allowing for the expression and fulfillment of your needs for security. Try to heal any wounds in relationships with parents, old friends, co-workers, etc.
- > Make a positive contribution to your community through work or volunteer services that you value and enjoy.
- > Make a commitment to your health and well being and develop a strong belief in the possibility of total health. Develop a healing program, drawing on the advice and wisdom of professionals you respect.
- > Accept yourself and everything in your life as an opportunity for growth and learning. Be grateful for the abundance and blessing in your life. When you make a mistake, forgive yourself, learn what you can from the experience, and move on without regrets.
- > Keep a lighthearted sense of humor. Laugh at the appropriate time, even if you really don't feel like it. Look forward to each and every birthday. Look forward to the future, knowing full well you cannot go back to earlier days.

> Develop a sense of kinship with a loving, protective, benevolent universal intelligence. This intelligence is referred to by a variety of names by various religions and peoples of the world. Talk to this higher intelligence and draw on it for assistance and support in times of need.

> Most importantly, give thanks for all that you have. Even though you don't have everything you want, think about how many things there are that you don't have that you don't want.

This article was previously printed in Dynamic Chiropractic in the September 24, 1993 issue. Due to the popularity of these words and the apparent help they have provided countless patients, it was felt this message was well worth repeating, especially as we enter the holidays and a new year. Happy holidays and the best for 1995.

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