

Five Things You Absolutely Need to Know in Order to Be Healthy: Physically, Emotionally, Mentally and Spiritually

The great author and humanitarian Norman Cousins said, "The highest exercise of a physician's skill is to prescribe not just out of a little black bag but out of his or her knowledge of the human healing system...the ability of the physician in unblocking or enhancing . . . this healing system will constitute the grand confluence of the art and science of medicine."

My purpose here is to share with you these five principles of health that you absolutely need to know in order to successfully achieve your goals for greater physical health, emotional well-being and spiritual happiness in life. These principles will guide you by strengthening your inner resolve, helping you to bring the full resources of your body, mind and spirit to overcoming whatever physical, emotional or spiritual challenges you may be facing in your life.

Whether you are seeking greater physical health, emotional well-being, mental peace of mind or spiritual fulfillment, you need to know these five essential things about how your physical body interacts with your thoughts, emotions, attitudes, beliefs and spiritual principles in the development and maintenance of optimal health and well-being.

Do you struggle with recurrent or chronic health problems, stress, pain, anxiety or depression? Are you on another diet without success? Another attempt to develop some healthy lifestyles, seemingly unable to make lasting changes in your life. Have you tried again and again to lose weight, but just seem to gain it back again? Do you keep suffering from recurrent stress or depression due to poor relationship choices and yet another broken relationship? Are you beset with anxiety attacks and feel that you just can't seem to find peace or serenity in your life? Do you try and try to be successful at your job, but just keep running into difficulties at work or obstacles that you can't seem to overcome? Do you find yourself in another toxic job with another toxic boss, unable to find work that is truly fulfilling or meaningful to you? Are you caught in a never-ending downward cycle of failure and despair because of extra weight you are carrying? Inability to stick with an exercise program? Are you doing everything right in your life, but just unable to find the level of emotional and spiritual fulfillment you seek in life.

These five principles will help you to find the answers you are looking for. Let's look at them one at a time.

1. Health is both a science and an art.

When it comes to achieving any health goal, it is necessary to understand that there is a science to medicine and there is an art. Another way of saying this is that there is a level of mastery and a level of mystery. In other words, there are unknown factors in the healing equation. What does this mean? Norman Cousins answers this question best, when he says, "not every illness can be overcome, but there is always a margin within which life can be lived with meaning and even with a certain measure of joy, despite illness."

To increase your capacity to fight off disease, you must reach out for the best that medical science has to offer, but realize that this may not be enough. So what are you supposed to do if your doctor and medical science does not have the answers you are looking for?

The answer is simple, but not easy: you must reach within to mobilize your own internal resources for healing. This is particularly difficult to believe, in this day and age when we have come to rely so heavily on medication and technology to cure all that ails us. But, in fact, technology will never solve the level of mystery and individual uniqueness when it comes to health and healing. More than ever, you need to be able to know how to reach within yourself and mobilize your own internal resources for healing.

There is no shortcut to health. There is no magic diet, no silver bullet, no magic pill or shot that will make you well. You must rely on the best that science has to offer, but simultaneously, it is critical that you go within yourself and mobilize your body's own internal resources for healing.

What are your internal resources for healing? You have a number of them. First and foremost is your healing system, your body's own inner voice of wisdom that takes care of the majority of your problems without you ever being aware of it. It is the force that heals your minor cuts and scrapes and fights off minor infections. Second is the force of your will. Your will power is among the greatest forces known to humankind and all kinds of science has been defied when one's will is strong and determined. The strength of your will is characterized by your inner strength, your inner resolve and sense of determination. The third resource for healing is what is called your Inner Healer, which really represents your connection to the forces of your soul. This represents a connectedness to God or a higher power, and contains the collective wisdom, understanding, knowledge and love of the ages. Your Inner Healer represents a source of divine wisdom that gives you insight, a sense of purpose, direction and meaning in life. It represents the ultimate connection to why you are here and what you are supposed to be doing with your life.

What is the fascinating part of all this? That you really do have within you, a great reservoir of energy, vitality and healing ability called your healing system. You will learn more about this internal healing system later, but no external treatment works unless in some way, it activates your own internal healing system. The great Yale author and surgeon, Bernie Siegel, M.D. says, "I cut into the body and rely on it to heal. I don't have to yell into the wound and tell it how."

This is true, not only for your physical health, but also your emotional health as well. Therapy and medication may help alleviate your anxiety or depression, but unless you go within yourself and find out what is most true and authentic for you, you will never fully heal. You will only put a band-aid on your emotional pain and the wound will re-express itself over and over again—in poor relationship choices, unfulfilling jobs, excess weight, inappropriate anger, drinking too much or even depression and despair. Your healing system protects more than your physical body, it also is there to help heal your emotional body as well. When your actions and behaviors are in alignment with who you really are as a person, and what you really believe, then the emotional healing will begin. But no

therapist, no Prozac, no St. John's Wort is going to give you peace of mind, unless you go within yourself and find the place of peace and serenity that already exists within you.

Intellectually, the same is true. There is no intellectual accomplishment you can make that will bring you happiness, if your actions are out of alignment with who you are and what you believe as a person. You may have great skills and technical, creative abilities, but if you do not find a meaningful path through which to express these gifts in life, you will end up unhappy, unfulfilled, unsatisfied and without true mental peace of mind.

Spiritually, you have a healing system as well. Our soul carries within it a collective wisdom, understanding and knowledge of the ages. These gifts are available to each and every one of us, but we must know how to seek them out through meditation, prayer and right living. Without the ability to go within and find the source of true meaning and purpose in life, you will go from guru to guru, religion to religion, personal growth seminar to personal growth seminar, always looking for that something else.

There is a wonderful story told by Rabbi Menachem Schneerson (*adapted from the book Toward a Meaningful Life: The Wisdom of the Rebbe Menachem Mendel Schneerson; Adapted by Simon Jacobson; Copyright 1995 by Vaad Hanochos Hatmimim; William Morrow and Company, Inc. New York; p. 13*) that illustrates the power of our soul.

A great Master once asked one of his gifted students to encourage his fellow classmates to pursue not only their academic studies but also their spiritual studies - so that they could learn the importance of improving their character and practicing good deeds.

The student replied that his schedule was too full and he couldn't possibly do it. Then, he looked at the Master and realized that the Master's schedule was far busier than his own.

Realizing his dilemma, he asked the Master, "How do you do it Master? How do you have the strength and stamina to work as hard as you do?"

The Master replied, "Every person has both a body and a soul. It is like a bird and its wings. Imagine if a bird were unaware that its wings enabled it to fly, they would only add an extra burden of weight. But once it flaps its wings, it lifts itself skyward. We all have wings -- our soul -- that can lift us as high as we need go. All we have to do is learn to use them."

Maximizing your potential for true happiness and success in life requires that you learn to tap into, and utilize the power of your soul. You must learn how to lift your wings, so that you can fly upward toward becoming the kind of person you want to become in life.

To summarize principle #1, you have learned that in order to achieve lasting health and happiness—physically, emotionally, intellectually and spiritually—you must know how to go within yourself and cultivate an inner life. Your inner life is about your level of awareness and consciousness—a level of your soul. When you begin to live a life connected to your inner source of spiritual strength, wisdom and guidance, you can truly begin to heal yourself and achieve the life that you have always dreamed of.

Now, let's look at principle #2.

2. Health is more than the absence of disease.

Now that you understand that you have within you a source of inner strength, inner wisdom and inner healing, it is important to realize that your physical health does not occur in a vacuum. In fact, it occurs in the larger context of your mental, emotional and spiritual health. While, in any given medical condition, there is no guarantee of a physical cure, what is always available to you is a sense of wholeness, acceptance (of self and others) and inner peace. Healing, in fact, is the *process* of moving towards wholeness, affirming life and living fully. If you seek only to be free of illness, you will never realize your full capacity for health and healing. If, on the other hand, you learn—to the best of your ability—to be happy no matter what crisis or situation you face, then you will always be happy.

Alternative healer and author Richard Moss, M.D. says it best: ". . . healing is not for the sick alone but for all humankind. . . In the end, healing must be a ceaseless process of relationship and rediscovery, moment by moment." This means that you must honor the process of getting well and healing, no matter where you happen to be physically in terms of your health. When you learn how to find emotional fulfillment and spiritual serenity no matter what physical illness or challenge you are facing, then you are on the road to true happiness and healing.

Does this mean that you pretend to be strong, happy or optimistic even when you are feeling weak, sad and pessimistic? No. Pretending to be anything is not the answer. Developing the strength of character and mature optimism required to accomplish your goals and overcome unhealthy habits does not come from pretending. It comes from squarely facing your difficulties, hurts, disappointments and fears in life and acknowledging your limitations. This means seeking help from others who may have a better point of view or be able to give you some guidance to help you through. But, as they say, "the only way out is through." You must acknowledge and feel your pain, hurt, fear and disappointment in order to get through it to the other side. You cannot push it away and just cross your fingers and hope that it will not come back. By honestly acknowledging your fears and your failures, they become the psychological weights that bring you greater strength and power. This is how you transform the difficulties and crises in your life into opportunities for growth, change and happiness.

Optimal health means that you are not only physically free of illness, but also emotionally happy most of the time, with a general sense of peace of mind and fulfillment in life. There are many people who have no identifiable physical illness, but are emotionally a wreck in their lives, and eventually, their body will usually manifest this hidden emotional and/or spiritual stress as physical illness.

Look at figure #1 below.

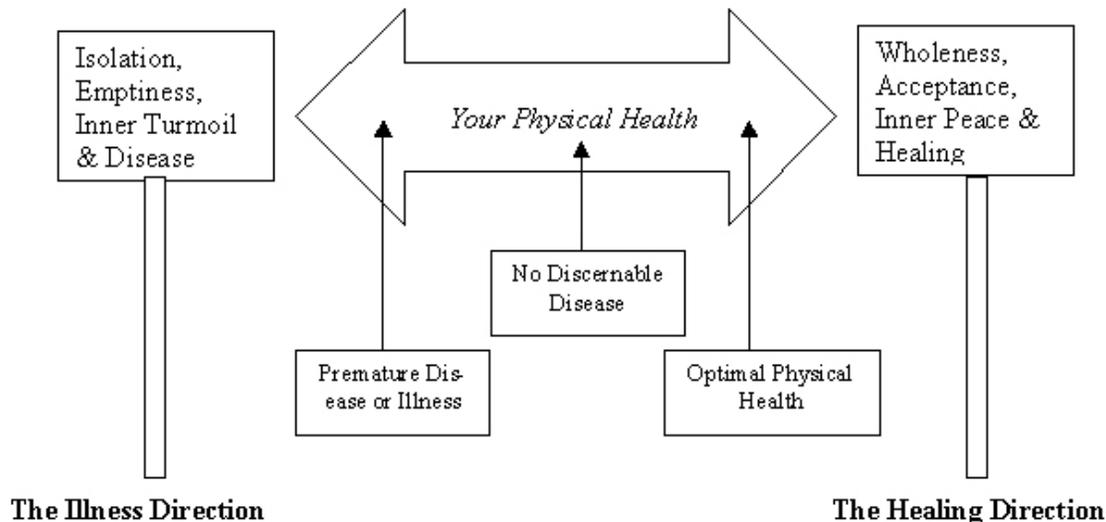


Figure 1: The Health/Illness Continuum

In this diagram, your physical health is represented by the large double sided arrow—with "absence of disease" right in the middle, optimal physical health to the right, and premature disease or illness to the left. Now notice the two large signs on either side of the big arrow: these represent the "healing direction" in which you are facing.

What is of most concern in terms of healing is not only where you are on the health continuum, but in which direction you are facing. For the most part, if you are facing "the healing direction" you will experience greater calm, peace of mind and happiness in your life, no matter how your physical health is. If you are facing "the illness direction" you may be enjoying good physical health, but inside you will be experiencing distress, a sense of isolation or emptiness and feelings of inner chaos or turmoil.

What we have learned from Elizabeth Kubler Ross, M.D. in her work on death and dying is that some of the greatest healing happens in and around the time of illness or death. How can this be so? Because healing has to do with the *direction* you are facing and **not** with where you are on the health continuum.

You can be near premature death and if you adopt a change in attitude and turn directions to face the right, you will eventually begin to experience greater healing in your life. What does healing mean in this case? It means greater wholeness, acceptance (of self and others), inner peace, fulfillment and serenity.

Likewise, you may be experiencing wonderful physical health, but if your mental attitude is bad or your emotional life is negative, you may be at the right side of the continuum facing toward the left, i.e. facing the land of isolation, emptiness, inner turmoil and disease. So it is critical to understand that in the big scheme of things, the direction you are facing is as vital to your healing as is the point at which your physical body is on the health continuum.

Does this mean that a change in direction will heal your physical body? Unfortunately, there are no guarantees in life. But what you can be certain of is that if you want to maximize your body's own ability to heal and maximize your physical as well as mental and spiritual healing, you must turn towards the right and face the healing direction.

There is no other way to maximize your body's ability to heal. You must find a sense of wholeness, acceptance and inner peace emotionally before you can completely heal physically. What are we saying? We are saying that your emotional and spiritual choices affect you on a deeply physical level. This is why no physical change is lasting, no diet works, no exercise program succeeds unless you have aligned your mental attitudes and beliefs with your behavioral choices.

Now, that you understand the importance of your emotional, behavioral and spiritual choices in life, let's look at principle #3.

3. Physical health or illness is only the tip of the iceberg.

To put things into even more perspective in helping you understand the relationship between your physical health and your lifestyle choices, psychological choices and spiritual choices, take a look at figure #2 (The Iceberg Model, developed by John Travis M.D. in his powerful book, *The Wellness Workbook*.) below.

This model teaches us that in order to achieve optimal physical health, you must look beneath the surface of your physical body and it's biochemistry to the lifestyles choices, psychological choices and spiritual choices that form the very foundation of your physical health and well-being.

In other words, your physical body does not function in a vacuum, but is intimately connected to your behavioral choices in life, your emotions, thoughts, attitudes and beliefs as well as your sense of purpose or meaning in life. How is this so?

We now know that the human body has multiple areas of connection between the invisible realm of thought, feeling, attitude and belief and our physical health. Bernie Siegel M.D. says it most succinctly when he says that “your thoughts and feelings are chemical.”

In other words, every thought and feeling you have is translated into chemical messenger molecules: known as neuropeptides, neurotransmitters and steroid-based hormones. These three groups of compounds are called *ligands*, which comes from the root ligare, “to bind,” meaning that they bind the invisible world of thought and feeling with the physical world of flesh and bone. This is the same root word that religion comes from, i.e. because religion “binds” us to something greater than ourselves.

When you begin to truly understand that your physical health is supported by your lifestyle choices, your psychological choices and your spiritual choices, you begin to understand why trying to solve a physical problem with only physical solutions is limited at best.



Figure #2: The Iceberg Model (John Travis, MD.)

Let me give you an example of how important this model is.

Let's say you are suffering from high cholesterol and you just can't get it together to follow a proper diet, exercise or stick to a medication plan. You just can't give up those French fries and your stressful life style is on a runaway course towards overwork, underplay and burnout.

One day, you develop symptoms of chest pain and have enough sense to go to your doctor, who, after a thorough examination, gives you some medication to lower your blood pressure and some nitroglycerin tablets in case you get chest pain. You stick to the program for a while, but you don't follow your doctor's advice about reducing your stress, giving up fatty foods and getting an exercise program together.

Eventually, you develop worsening heart disease and unfortunately experience increasing chest pain (angina) and narrowing of your arteries. You see the cardiovascular surgeon and guess what he says, "No problem, we can operate!". So, the surgeon operates, opens up your arteries and voila, you feel better for a while. But you continue to eat your French fries, stress out at work, forget about your cholesterol lowering program and fail to get the exercise you need. Eventually your arteries clog up again and this time, you don't make it off the operating table.

When the doctor fills out your death certificate, it will read: "Patient died of cardiorespiratory arrest with advanced atherosclerotic heart disease." What's the real

truth? The death certificate could just as easily have read "Cause of death: French fries and stress."

In today's high tech world, this is a real problem. We doctors have such wonderful medications, technologies and surgeries that we all too quickly silence the voice of the body. What's the problem you say? It's that the chest pain was a cry for help. And what did we do with this cry for help? We shut it up and turned it off with medications and surgery.

Where did this cry come from? It came from your inner wisdom or what the great Harvard physiologist Walter Cannon, M.D. calls the "wisdom of the body." But what we do today with medicines and surgeries is simply silence this powerful voice without listening to what it's saying. The chest pain was more than a symptom, it was a cry for help from the body, a cry for something to change in order to reduce the stress on the body. But we have become fantastic at silencing these voices, instead of listening to them.

In order to achieve optimal health and lasting health, you must learn to identify and listen to the powerful voice of wisdom within you. You must get in touch with "the wisdom of your body." In so doing, you will find that not only is there a voice for your body, there is also a voice for your soul. What does the voice of your soul cry out to tell you? It cries out to help guide you in making the right decisions for your health, for your life, for your career, for your spiritual happiness and for your overall sense of purpose and meaning in life. Learning how to listen to this voice is the very essence of "contacting your Inner Healer," which we will discuss momentarily.

Norman Cousins said it well, when he said, "We expect the surgeon's knife or the prescription pad to replace the personal discipline required to maintain good health." Nothing can replace the vital importance of this inner voice within each and every one of us. You must, in order to achieve maximum health, happiness and fulfillment in life, learn how to listen to this inner voice, this inner healer, and draw upon it's wisdom.

Now that you are beginning to understand the importance of the wisdom and guidance that lies within your body and soul, let's take a look at principle #4, which tells us about the most fascinating and miraculous system within us all, the "healing system."

4. The healing system lies within us.

There is a magnificent "healing system" that lies within you that is capable of fighting off disease, combating infection and bringing you greater energy, vitality and well-being. In any medical text you can read about the "digestive system", the "circulatory system" or the "nervous system", but nowhere will you find a chapter on the "healing system". Yet it is this very "healing system" which allows all your other "systems" to function with brilliant precision. Your healing system is the organizing force through which all your body systems function with a deep intelligence and miraculous sense of balance and wholeness.

Remember Bernie Siegel's statement, "as a surgeon, I cut into the body and I rely on it to heal. I don't have to yell into the wound and tell it how to heal." The body, in its own infinite wisdom, knows how to heal. The healing system lies within you. Your body has its own natural ability to heal. Though in certain situations, surgery or drugs may be life saving, it is your internal healing system, which allows ultimate life.

We all know of patients who have lost the "will to live". No matter how valiant the efforts of medical experts, how advanced the technologies, how genuine the prayers of friends and relatives, these patients will continue on a downhill course, until and unless they find within themselves some sense of meaning with which to embrace life and connect to something greater than themselves, something greater than their sense of illness or despair. It is this "will to live", to prosper, to grow, to contribute, to engage life with passionate involvement, which most directly contributes to the overall health of your "healing system".

It is, in fact, the doctor's knowledge of the healing system that distinguishes the technician from the healer. We recognize the doctor as "healer" by what we call "good bedside manner", "compassion" or "empathy". It is these qualities in the physician that reflect his or her intuitive understanding that each patient is an utterly unique individual, whose ultimate health and well-being depends upon their unique lifestyle choices, belief system and sense of purpose in life.

Healing" comes from the root word, "whole", to be one. In searching out your own individual path for health and healing, you will inevitably embark on a journey that leads you into your own sense of wholeness, uniqueness and self-discovery. It is important to understand that no two patients are alike. In fact, two patients with the "same" diagnosis of migraine headaches will, in most cases, require two completely different treatment plans, based on their own unique stresses, genetic background and lifestyle choices. So, in reality, two "cases" of migraine are two different diseases.

It is for this reason that no physician can truly heal you unless you participate in your own recovery and treatment. Your belief system, your unique emotional make-up, your own unique physiology and biochemistry all impact your ability to get well and stay well. This is the reason why learning how to contact your inner healer is so vitally important to your well-being. Learning how to listen to the "wisdom of your body" is at the very heart of attaining the level of physical health, emotional well-being, spiritual happiness and financial well-being that you seek.

Listening to your inner voice, your inner healer, helps you to know what you most need in your life, both at the level of your body and your soul. Listening to your Inner Healer is like having your own personal coach or mentor to guide you through the challenges and opportunities that life presents you. Your Inner Healer represents a source of divine guidance that can help you to nurture both your body, with its physical needs and your soul, with its spiritual needs.

Listening to your body helps you to know what you need in terms of rest, exercise, nourishment and activity. Your body teaches you that you have limits, and respecting

those limitations, gives you a new level of freedom and health within which to function optimally.

Listening to your soul helps you to know how you are needed. Your soul reminds you of the need to let go of that which you cannot control, to surrender to a higher power or a force of wisdom greater than yourself. Your soul reminds you that life is most meaningful when you give back to others the love, kindness, grace and healing that you have been so fortunate to receive. Your soul teaches you that love is limitless.

Contacting your Inner Healer places you in touch with a source of wisdom and clarity that can guide you in finding answers to the difficult health problems you may be having. Whether it be recurrent illness, stress, anxiety, pain, depression or the inability to get free from addictions to food, drugs, people or love, your Inner Healer holds the wisdom of your soul that can help you truly be free from unnecessary pain and illness.

When you learn to put aside your expectations, worries and fears, you will be able to access the quiet, peaceful place of wisdom within you. From this place you will be able to access the source of guidance and love that is available to you, to help you make the most wise and loving decisions to get you well, physically, emotionally or mentally.

The body has its own natural ability to heal. In certain situations, surgery or drugs may be life saving, but it is the internal healing system that allows ultimate life. When we fully accept and express all parts of ourselves (our physical, mental, emotional and spiritual bodies), the healing process is strengthened and optimal healing can begin.

It is so vitally important to understand that you have within you now the resources for healing. Every treatment modality, from antibiotics to surgery, only helps your own healing system do what it does best: keep you healthy, energetic and in balance. Should you forsake medications and surgeries? Absolutely not. These procedures are a vital part of your getting well. If you break a bone, you better put it in a cast for a while and give it time to heal. But don't get confused: external procedures, drugs, treatments or herbs are designed to help augment your body's own innate healing powers.

If your body is depleted and your will to live gone, no external treatment or procedure will bring you back to life. The great author and Yogi, Paramahansa Yogananda says that you can stuff wholesome food into a dead man's stomach but it will not bring him back to life. Why? Because once the energy and life force of your healing system is gone, it is gone. Nothing physical will bring it back. This life force, this energy that sustains and repairs your body in every moment and in every molecule of your being is a spiritual force that remains a great mystery, and probably always will. Like any great force (e.g. gravity) it is invisible to our physical senses, but we can know it by the effect it has upon our physical body.

Just as an apple falling to the ground is evidence of gravity, so watching someone's positive attitude and belief effect a positive outcome in their illness is evidence of the life force, or healing system, in full action.

One of the greatest discoveries of the human potential movement is that as new realities are demonstrated, new capacities come into being. How many of you remember Roger Bannister? He was an Oxford medical student who was the first person to run the mile in under four minutes. He broke the "four-minute barrier". Until that time, it was believed that no human could break that barrier. No such reality was ever demonstrated. Now the most fascinating part of the story is that within 46 days of Bannister's breakthrough, John Landring broke the four-minute mile. And now, at this time, literally thousands of runners have broken the four-minute barrier. So you can see that as new realities are demonstrated, new capacities come into being.

Your challenge is to open yourself to the "new realities" that have been demonstrated through recent advances in mind/body medicine and psychoneuroimmunology. These new medical disciplines are beginning to detail the many ways in which your thoughts, feelings, psychological and spiritual beliefs affect your physical health. By recognizing these "new realities" of what is possible, you can begin to develop "new capacities" for health, healing and greater well-being. These new capacities can help you to fully access your own healing system.

To better illustrate where this source of inner wisdom and guidance, known as your Inner Healer, comes from, Rachel Naomi Remen, M.D., a physician and healer in northern California, tells this wonderful story about an acorn. For one moment, imagine an acorn trying to make sense of itself, trying to understand itself, by describing itself. It might say "I'm about 1 inch long, flat on one side, pointed on the other, brown in color, hard to the touch, etc. etc.". But this description fails to capture the true essence of the acorn. "It's important to realize", Dr. Remen says, "that an acorn cannot make sense of itself without knowing about the oak tree and without knowing that deep inside of itself, there is a mechanism waiting to unfold which knows exactly how to become that fullness of expression" of the oak tree. She says "there is an impulse, a yearning in each one of us, towards our own wholeness", our own fullness of expression. It is this impulse, this yearning towards our own wholeness which leads us into the healing process. It is this impulse, this inner wisdom that is your Inner Healer, which knows exactly how to become the fullness of being that is you.

5. To activate your internal healing system, you must participate in getting well.

It is your participation in your own healing that fully activates your healing system. It is participation that turns your direction around, so that even if you are physically ill, you can begin to move in the healing direction, facing to the right in diagram #1.

Participation requires that you develop a passionate involvement with life, that you find your very own meaning in illness and in health. Healing, in its essence, is an adventure in self-discovery.

Stephen Levine, author and healer, tells one of my very favorite stories about the importance of participation. He tells of a young intellectual who thought he could learn everything by reading. He read a book on architecture and became an architect. He read a book on astronomy and became an astronomer. He read a book on swimming and drowned!

You cannot read your way into greater health and healing, anymore than reading about weight lifting will build strong muscles for you. You must exercise your healing system to make it strong and fit. Contacting your Inner Healer is a guided imagery exercise that puts you into the ballgame, not sitting out in the sidelines reading about how to improve your immune system.

This guided imagery exercise is designed to help you let go of your critical, strategic mind in order to access that still small quiet voice of wisdom within you, i.e. your inner healer. When you do this visualization again and again, you will develop a healthy relationship with your Inner Healer, learning how to become more and more attuned to your own inner voice of wisdom, guidance and reason.

Can you think of any reason you would not want to seek the wisdom and guidance that lies within you already. No one else can do this for you. In 20 short minutes a day, you can listen to this guided imagery exercise over and over again, each time, building new and greater insights into who you are, how you can best heal, and what will give your life purpose and direction.

There are certain decisions that no one can make for you. Contacting your own inner source of wisdom is your answer.

There are times when you must gather the deepest level of inner strength and resolve to overcome some obstacle in your life and turn it into an unprecedented opportunity for growth. You will need your Inner Healer to guide you on the way.

Are there times, when try as you may, you just can't seem to stick with an exercise plan, a healthy diet or stop some unwanted bad habit that you have? The answer lies within you, in contacting your Inner Healer.

Deepak Chopra says, "We are all co-creators of reality . . . our goal in life is not just to be bright, alert or imaginative, but to shape existence itself. It becomes every persons choice to take responsibility for his own inner reality."

Don't you want to begin shaping your reality into the life that you have dreamed about? Be it greater physical health, financial success, emotional fulfillment or spiritual progress, you are in charge of your own destiny. When you draw upon the inner wisdom and guidance that is available to you now in the form of your Inner Healer, you can begin to access a true and deep source of energy and trueness of purpose that can guide you toward your dreams.

Norman Cousins says, "The human spirit can't be diagrammed or dissected; it can't be seen by tomographic scanner and it can't be represented by numbers on a medical chart. Yet it is the most identifiable feature of human uniqueness. Unless it is understood and respected, all other facts are secondary."

Your Inner Healer represents the very essence of the human spirit. Within you right now, you have the wisdom to know and understand why you are here and what you are here to accomplish in your life. This is the power of learning how to contact your Inner Healer. It represents the essence of who you are and holds within it, like the acorn, the yearning and impulse to help you become the fullness of expression of all that you are capable of becoming.

Don't wait another day. If you want to begin living the life that you dream of, and achieve the level of physical health, emotional well-being, financial success and spiritual growth you dream of, don't wait another day.

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Begin living your dreams now. Get started today. No matter what health problem you are facing, what health goals, relationship goals, business goals or personal goals you want to accomplish, Contacting Your Inner Healer: A Guided Imagery Relaxation program can help you to get there sooner. Drawing on the infinite power of wisdom and divine guidance that lies within you, you will begin to:

- Develop greater inner strength with which to face the challenges in your life
- Learn how to set better boundaries, distinguishing what is your responsibility in life and what is not your responsibility
- Learn to be proactive rather than reactive, learn how to respond to problems rather than react to them
- Find a greater sense of purpose and meaning in life
- Strengthen your inner will and will power in order to overcome stubborn and/or unhealthy habits
- Find the spiritual strength to live life fully and passionately, learning how to let your passion overwhelm your fear
- Achieve a new level of serenity, learning when, how and what to "hang on" and when, how and what to "let go" of

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Author Sydney J. Harris says, "Regret for the things we did can be tempered by time, it is regret for the things we did not do that is inconsolable."

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