



A Deeper Study of A Healthy Way to Be Sick

By Marc Lerner

Part I

“A Healthy Way to Be Sick” Answers These 10 Questions

Sometimes when you have a chronic illness, approaching your struggle consciously is the most important thing you can do. The quality of your life doesn't depend on the health of your body; it depends on your focus. Creating a conscious focus helps you heal, helps you cope and helps you create a quality life even when you deal with a health crisis.

1. What is the biggest internal problem people with chronic illness or disabilities face?

The biggest problem is focusing on our thoughts and ignoring the Wisdom of our Body. Ignoring this inner wisdom in a health crisis eliminates consciously participating as a partner with your doctor. Accepting this inner wisdom makes you better respond to medications and treatments as you eliminate mental sabotages created by your mind.

2. What is the greatest benefit a chronic illness or disability offers?

Chronic illness and disabilities are not positive additions to your life. If you have to deal with them, they are incredible teachers. The biggest benefit a health challenge has is that it forces you to learn lessons that take you beyond your conditioned past. This naturally happens as you accept the Wisdom of your Body. This e-book offers a simple technique that conditions your subconscious mind so this benefit becomes a natural part of your life.

3. How can you practically control the quality of your life as you deal with a health challenge?

Once you let go of your thoughts, fears and unfinished business, healing is your top priority. You let go of all your limitations. That is not only the quality of great yogis; it happens naturally as we face traumas we are unable to control. This e-book doesn't give you the ability to control every trauma; it gives you the ability to find quality in every situation.

4. When is the best time to work on yourself?

The best time to work on yourself is in the moment. That is the beauty of a trauma, because it forces you into the moment as you discover powerful inner resources you may have never known you had. When you let go of your mind-made reality, the moment is all you have.

5. What is the best way to utilize external resources?

When you accept the Wisdom of your Body, you use external resources without the limitations of your mind. Without being centered and connected to inner resources, you

roll like a square wheel. Being centered allows you to flow with external help as you actually add to the healing process. Being focused on your mind's attachments limits your flow and creates victim consciousness.

6. How can you turn struggles into blessings that positively affect every aspect of your life?

When you trust this inner wisdom, it becomes as available as your breath, which is with you in every aspect of your life. The trauma of a health crisis may force you to that depth, but it will be there to serve you as long as you are breathing. Trusting your inner wisdom turns traumas into blessings and is the key to a healthy way to be sick.

7. How can the people you love become active partners in your healing process?

When the people you love respect your inner wisdom, it is easier for you to accept it. That is why family, lovers and friends are so precious; they have the power to empower you or limit you. Of course you can block them, but when you are in a vulnerable position, receiving simple love is your best medicine. If simple love is not available, loving yourself can accomplish the same goal. This e-book removes mental blocks that resist receiving simple love.

8. How does a health challenge make you more conscious in the moment?

Accepting one's inner resources in the moment to deal with a health crisis is not ego's choice; it is a survival instinct that evolved since our creation. This instinct transcends personal preferences and strives for the solution that exists in the moment. The amazing thing is this is a natural function of being human. Children play in the moment. Lovers meet there in passion. We touch it in spiritual prayers. Athletes merge with it in the zone. Unfortunately we get lost when we try to capture it in theory and in our everyday consciousness. This e-book helps you to accept the moment experientially.

9. What is the spiritual benefit of consciously dealing with a health crisis?

When you enter the moment and connect to the Wisdom of the Body, you are free from the rigidity of the ego. In a health crisis, just like you don't find an atheist in a foxhole, it is easy to reach for a spiritual connection. When that reach comes from inner wisdom, you are experiential instead of conceptual. It is natural to be in the moment.

10. Is there a healthy way to be sick?

Combine every idea mentioned above into an experiential moment and you find a healthy way to be sick. Focus solely on thinking and your mind becomes your greatest dis-ease. Illness may not be always curable, but how you perceive your challenge is controllable. Strive to live in that moment and you naturally find a healthy way to be sick.

Develop a healthy way to be sick by entering the moment. Join a Tele-seminar that teaches the life skills needed for this inner journey. Go to

<http://ahealthywaytobesick.org/bookpromo.html> to enroll in this Tele-seminar. There is a healthy way to be sick.

Part II

You Have the Power to Control Your Challenge

If a defeated part of you deals with a challenge, your effort reflects the expectation of failure. If an empowered part of your character deals with a challenge, it makes you stronger. You can have the confidence to accomplish a difficult task. It is easy to change what part of you deals with your challenge. By doing so, you become more successful in dealing with it.

The quality of your life is not defined by external events or situations. Every person must deal with traumatic times like illness, death of a loved one or other difficulties. Being connected to quality within you makes your challenge managed by a higher consciousness, utilizing powerful inner resources. The quality of your life and the consciousness you use to deal with challenges require "faith:" Step aside and accept a deeper inner wisdom to come through you.

With faith and acceptance, you respond to medical treatments better, without creating the stress from anxious thinking. You are more receptive to external help, which translates into positive bodily responses. When your condition is not helped by medical experts, the quality of life does not leave you--even if your health does not improve. That is what I call A Healthy Way to be Sick.

There is a quality of life that exists beyond your conceptions or perceptions. You have to be conscious to experience the subtlety of that quality because it exists beyond thinking. This is not really valued in society, but the ability to be conscious of that beyond thought reality triggers the Wisdom of your Body to deal with your challenge. Then, the quality of life is with you every step of the way with your struggle.

You may think this is just for spiritually evolved people, but it exists in most people's lives more than you think. When parents love their children, they touch that reality. Tender moments can trigger it, Being in "the zone" in sports, or any activity we do with excellence and a sincere prayer can activate that beyond thought reality within us. We just have to be aware that our everyday consciousness is able to accept it into our daily lives. The Wisdom of your Body supports you.

Learn to develop habits that interpret life with the quality we all possess within. Develop life skills that improve your self-image and self-trust in a Tele-seminar. Go to <http://ahealthywaytobesick.org/bookpromo.html> and enroll.

Part III

Facing Challenges You Cannot Control

When you face a chronic illness or disability, you too often are expected to be depressed and sad. After 28 years with MS, I can vouch that a health crisis doesn't make you happy or sad. My struggle forced me to a depth that was beyond thinking. From that depth I connected to what I call the Wisdom of the Body in the silence beyond my thoughts.

I learned that the quality of life doesn't depend on the health of your body, it depends on your focus. I see in my life there is a healthy way to be sick. If you could focus beyond your thoughts, you would activate the Wisdom of your Body. Your breath would connect you to powerful inner resources as your focus went beyond negative thoughts and worries. Without thinking, you find yourself comforted and ready to face any challenge.

"Beyond thinking" is unfathomable to most of us. The highlights of your life happened beyond thinking. It is called the zone in sports, passionate moments with your lover and spiritual moments that feel sacred. This happens when we stop thinking and just be, but because we are so attached to thinking, this is so often ignored.

Become aware of that moment as you deal with situations you cannot control. That may be a chronic illness or a disability, the loss of your job or any disappointment. Your mind has no alternative that makes your situation better. If you can change it... change it. Unfortunately there are times you are not in control. Instead of accepting defeat, accept this moment. That is a healthy way to be sick.

That may not be the reality you expect for yourself or what others expect from you, but it is the inner reality that creates strong partnerships with your doctor. That is where you are not a victim in your challenge, but you take a significant role in bettering the quality of your life.

Join a Tele-seminar to develop the life skills that enable you to go to that depth where the quality of your life doesn't depend on the health of your body. I want you to find a quality that exists beyond your control. To enroll; <http://ahealthywaytobesick.org/bookpromo.html> or contact Marc Lerner at marclerner@att.net.

Part IV

The Patient's Role in Healing: Connecting to The Wisdom of Your Body

There is a healthy way to be sick: All you have to do is connect to the Wisdom of your Body. Our whole life, we have been conditioned to focus on our thinking mind, but when we are in a health challenge our focus needs to go deeper. To heal at our potential, we need to go beyond what we have been taught and connect to our powerful inner resources, using what I call the Wisdom of the Body. Unfortunately, during a health crisis, we too often focus on our thinking mind and ignore this inner wisdom. This is a habit we need to recondition so that we deal with our health crisis with our full potential.

This article is going to explore this inner wisdom in seven ways. First we have to know how we connect to this inner wisdom and where it is.

- 1) Beyond our thinking mind is a silence that is the home of the Wisdom of our Body. If we could accept this silence as a significant part of our existence, we would discover the greatest qualities of our life. Simply being aware of it is the switch that turns your inner wisdom on and empowers you to become active in healing.
- 2) We relate to our thinking as though it were reality. Because our symbolic world becomes so precious, we seldom accept the reality beyond our thinking mind as a tool in healing. That is where the Wisdom of your Body can be found. Our greatest challenge is to aspire to a connection to this depth instead of dealing with a health challenge with only our thoughts.
- 3) We need to develop ways of connecting to inner wisdom without being dependent on logic. If you develop habits that transport your awareness beyond thinking, you can activate your inner wisdom instantly simply by being aware of it. Awareness is your direct link to this inner wisdom. If you are locked into thinking, you will only have a symbolic link to wisdom.
- 4) Family love can make us aware of the beyond thought reality or it can trap us in our thinking mind. Love and faith activate our inner wisdom, but they can also create blocks that stop our awareness from connecting to that depth.
- 5) We need to develop love and faith. Our biggest obstacle in connecting to them is our own mind. When our awareness stops on thinking, blocks can be created.

6) Worrying attracts your awareness and prevents you from activating the Wisdom of our Body. When you worry, your breath is going to be cut short, which shows you how shallow your focus is.

7) The simple will to live activates your body's wisdom to be protective and help you heal. Your self- image and self-trust are keys to empower your will to live. They are both under your control.

When you are connected to your inner wisdom, you become a valuable partner with the experts. Are you willing to participate from that depth?

Go to <http://ahealthywaytobesick.org/bookpromo.html> and discover a simple technique in that e-book that frees you from your thinking. That freedom connects you to the Wisdom of the Body & helps you cope with struggles. Join a Tele-seminar that develops the life skills needed for that inner journey.

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Part V

Consciously Being Unconscious; Learning to Avoid Limiting Habits

Habits are created by the way significant people relate to you. As we grow up, those habits define who we are and we identify with them. We need to identify with the consciousness that listens to our thoughts and triggers our habits, more than we identify with our conditioning. Consciously becoming unconscious is a way to ignore limiting thoughts and habits. Once we learn this important lesson, we are free from the limitations created by our mind. That is when we love, heal and manifest the best. Ignoring limitations is a conscious thing to do.

Too often we identify with unconscious habits as “that is who I am.” Now what if we identified with life or the consciousness that listens to our thoughts more than our thoughts and past conditioning? That would create the distance enough that separated us from the creations of our mind and give us free choice. If you could stop time and just be in that moment, you would be free.

Not only would you feel free from the old habits that define who you are, you would connect to the Wisdom of your Body. In that moment, love would not be filtered through your mind and simple expressions of love would not be limited by ego and would be spontaneous. We could play and love like children without any excess mental baggage.

Healing would be orchestrated by an inner wisdom that makes each patient an active partner with their doctor. Inner and outer resources would work in harmony making each treatment more effective. Worry and fear would not be a normal part of healing, for they become devastating when we exclusively focus on those thoughts. We would still have concerns, but they would be dealt with from a deeper confidence that knows the power of inner wisdom working in partnership with doctors and modern medicine.

In the same way, when you talk on the phone, the line is busy to incoming calls; when you focus on thinking exclusively you can't receive creativity. Being conscious in the moment frees you to receive creativity and allows you to look at your life and struggle in a new way. When we see things the way we were conditioned to see them, we too often get locked into old perspectives and miss the moment and the power of now.

What if we had the power to consciously ignore the habits that limited us? That would be consciously becoming unconscious. The fact is that we have that power. In those peak moments in our life, we touch that moment. Because that reality exists beyond thinking, we can't remember it. I feel the more conscious we become in the moment; the easier it is to ignore limitations.

Habits can become powerful tools for transformation. We can consciously condition habits that take us to that depth instantly. This is not an understanding; it is simply a conscious moment where all of our powerful inner resources are available to deal with our challenge. That challenge could be a chronic illness with pain, but you deal with it consciously.

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Pain is something that gets worse by focusing on it. It is as though our consciousness gives it life. That happens with negative thinking and with unpleasant memories; the more we focus on them the more powerful are their effects. But the more we try to push them away, the stronger they become. Pushing something away is simply putting energy into something we don't want.

The conscious way to become unconscious of pain or any limitation is to focus on something you really want. In the midst of pain or turmoil; that is a hard choice. That is when conscious habits are a blessing. It is possible to create habits that transport consciousness beyond thinking into silence. Thinking will not take you there. You can not "should" yourself there either.

So here is a question I want you to really ask yourself seriously; why don't you create those quality habits? Consciously conditioning your subconscious mind is how we can best deal with challenges and it is possible even in the darkest times.

Take a Tele-seminar that leads you through 26 techniques to create habits that connect you to the Wisdom of your Body. Go to <http://ahealthywaytobesick.org/bookpromo.html> to enrol or contact Marc Lerner at marclerner@att.net. Healing is a powerful exploratory journey, so enjoy it.

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Thanks so much!