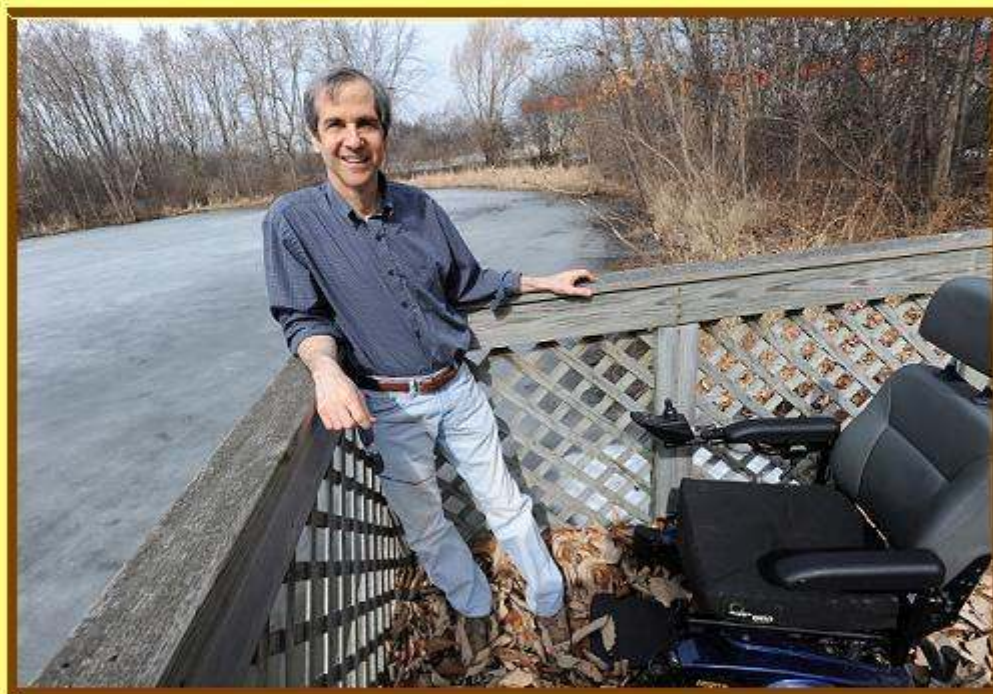


A Healthy Way to Be Sick

Part II



By Marc Lerner

PART TWO

OUR OUT-BREATH: MANIFESTING OUR INNER WISDOM

“Marc, your book reveals and adopts many of the things I have found useful and productive in helping people to change, heal their lives, and derive physical benefits for their new selves.”

Bernie Siegel, M.D.

Author of *Love, Medicine, and Miracles: Faith, Hope, and Healing*

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PART TWO

OUR OUT-BREATH: MANIFESTING INNER WISDOM

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Note: For those who read Part One, the Preface and Foreword are the same.

If you come across an empty space in this book, click on it and a graphic may appear.

Preface

I wrote this book to help people dealing with chronic, debilitating health challenges to experience quality moments by utilizing the Wisdom of their Body, regardless of the status of their health. This book will guide you on an inner journey, through which you can experience a healthy way to be sick. You will also learn how to connect to powerful inner resources without the limitations created by past conditioning. I want to share a quote from someone whom I truly respect: *“Though I’d never want to repeat my cancer odyssey, It enriched my life.”* Lance Armstrong.

A Healthy Way to Be Sick allows you to consciously deal with your struggle, find a quality of life during your darkest times and develop yourself in the process.

This book is not intended to replace professionals that can help you, but external resources cannot be with you all of the time. Inner wisdom is not a cure for every problem; sometimes you need the help of others. The techniques in this book, however, can empower you to work with these professionals to help them help you. When you are able to accept external help from your deepest inner wisdom, you will be much better able to use it effectively. As bestselling author Dr. Wayne Dyer says, *“I cannot always control what goes on outside. But I can always control what goes on inside.”*

Foreword

All of us go through difficult challenges in our lives. Sometimes we rise to the occasion. Sometimes the occasion rises over us and crushes us – either for a season or for a lifetime.

There are some among us, rare though they may be, who find a way to face a challenge and not only make the best of it, they somehow find a way to make it work for them. We call these people heroes.

Even more rarely in life, we are blessed to encounter someone who not only rises to the occasion, not only makes the best of a challenge, and not only somehow makes it work for them, they somehow leverage the challenge and use it as a spring board for helping others.

What should we call these folks? Saints? Angels? Advanced Beings?

The proper word or phrase escapes me. But I am blessed to know one in Marc Lerner.

In March of 1981 Multiple Sclerosis and blindness landed without warning in Marc's life. A vicious hand was dealt that would have destroyed or even killed most people. Marc is not most people. He chose a path that has allowed him to not only survive with a chronic illness, Marc lives a life that can only be described as thriving.

I first met Marc in 2007, a full 26 years after the beginning of his chronic illness. He listened to some of my teleseminars on building an Internet business with Article Marketing, and decided to become one of my mentees (students). I am ashamed to admit

that when I found out he was blind, I did hesitate to take him on. “What can I teach a blind guy about the Internet?” was my first thought.

Not only did Marc become one of my best students, he taught me a great deal along the way. And if you are holding this book in your hands, your reading device, or are reading it online, then you too are lucky to be able to learn from Marc.

In “A Healthy Way to Be Sick” Marc Lerner takes you on an incredible journey of self discovery and self strengthening. This is not only a “how to” book on how to do life with a chronic illness, this is a how to book on how to do life. Period.

Thank you Marc for your guts, your example, and your gift to the world.

Jeff Herring

Article Marketing Authority

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Atlanta GA

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Introduction

“The greatest discovery by any generation is that human beings can alter their lives by altering their attitudes of mind.”

Albert Schweitzer, Humanitarian

In Part One, we learned how to Breathe into Silence and connect to the Wisdom of the Body. That was with our in-breath. In Part Two, we are going to learn the expression of our inner wisdom using our out-breath.

We are so used to processing our life through our past conditioning, it happens without any discrimination. But just for a second, consider if you were able to consciously condition your mind so your responses reflected your deepest inner wisdom. If you could do that, you would never feel like a victim; you would be present in the moment to deal with every challenge.

What if instead of just getting by on what has served you in the past, you learned to use every resource available to you? The Life Skills Approach uses simple techniques to teach just that. You just have to be ready to accept it. This is not difficult. It can be done without changing your belief systems or what you think is important to you. In fact, these techniques are so simple that our intellect has a hard time translating simple experience into understanding. The Life Skills Approach will enable you to focus your energy to create a conscious attitude and allow the Wisdom of the Body to take over.

These techniques are like Haiku, simple three line poems that can send powerful messages to our creative minds. It is as though the poem paints a picture in our right hemisphere and then it gets translated to our emotional intelligence and then to our body. We can create pictures that bubble up from our deepest wisdom that send powerful messages to our body.

As you go through Part Two, allow these techniques to experientially connect to your body. This will enable you to respond to challenges without the limitations of your mind, a mind that, if you are like most people, may be stuck in a rut. You may even find that your situation becomes a blessing and that your challenges can become opportunities to evolve into a better person.

Chapter Eleven : The Wisdom of the Body Is Our Greatest Inner Resource

“You cannot teach a man anything. You can only help him to find it within himself.”

Galileo

There is nothing profound about the Wisdom of the Body. It is a natural part of our life. Once I was running a seminar for mentally ill homeless people. When I mentioned “inner wisdom,” and one participant said, *“I don’t have any wisdom.”*

“When you sleep, does your heart beat?” I asked.

“Yes,” he said.

“Do you breathe?” I asked.

“Of course,” he said.

“That is the Wisdom of the Body,” I said.

Limits of Past Conditioning

When you drive, do you spend all your time looking in the rear-view mirror? I hope not!

By the same token, if all you do is focus on the things you have learned and experienced in the past, it is the same as looking in the rear-view mirror as you drive. Eventually, you will have an accident and it may have terrible consequences.

Of course, it is helpful to know where we have come from, but looking backward does not help us to know where we are or where we are going. If you rely on the way your mind has always worked, you become almost like a robot, not equipped to change course if necessary.

To some people, looking forward means having an outside goal. How many times have you thought that if only you had a new car/a new house/a new whatever, your life would be so much better? The assumption is that a change on the outside will help you feel better on the inside, or at least different.

In Part Two, we will learn how to change from the inside out. You will learn how subtle inner changes can alter your perception of the world around you and how you deal with any challenge. As you change from within, the way you see and interact with the world changes, and this can lead to profound changes in your situation.

How to Use These Techniques

There is a difference between thinking and knowing. When we think, our thoughts look at a situation and create what I call a “mind-made reality,” which all too often is colored by our past conditioning. Many people come to conclusions about an

experience before they have even had it. When dealing with our new challenges, we need to deal with more than just ideas.

To know something, you have to experience it, not just with your thoughts but with your entire being . . . your heart, feelings, soul, creativity, and intellect. As you read Part Two, go slowly, the way you would linger over a fine dinner. Speed-reading may be a useful way to learn, but even if you memorize every word of this book, you have missed the point if you have not experienced it.

You will find over 20 exercises to help you express The Wisdom of your Body. Take time to become completely involved in the exercises, and if you do, you can play an active role in healing. These ten tips review important points we learned in Part One and will be valuable in Part Two.

1. Be aware of how we use our minds. How we interpret things can create stress, which inhibits the immune system.
2. Our self-image is where we direct our thoughts. If we have a negative self-image, we direct our thoughts to a part of us that gives negative interpretations. If we direct our thoughts to a positive self-image, we can interpret our situation positively.
3. We can condition our subconscious mind to instantly respond without having to think about it. When inner and outer resources work together, the best results happen.

4. When we trust ourselves, we honor and respect the Wisdom of the Body. This trust has to extend beyond our thoughts and conditioned habits to activate this inner wisdom.
5. We give life to what we breathe into. We have to learn to breathe into our inner wisdom and our positive self and not our fears.
6. When we breathe into worries, we cut our breath short. Worries do not support the healing process.
7. Confidence comes from using inner kindness to deal with our weakness. Confidence and kindness are incredible tools for creating an inner healing environment.
8. The quality of life does not depend on the health of our body; it depends on our focus. However we think, whatever belief system we belong to, make sure our thoughts support a high quality of life.
9. We have the ability to integrate the above techniques in our mind so that they work together as though that is our character.
10. The patient's role in healing is to not be a victim, but to use every obstacle we face as an opportunity to evolve and better participate in the challenges life offers.

Question: Can you turn your health challenge into an opportunity to discover your depth?

Chapter Twelve: Consciously Using Habits Instead of Habits Using You

“Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use.”

Earl Nightingale, Entrepreneur and Author

Building Good Habits

When I was first diagnosed with multiple sclerosis, my thoughts became a jumble. I did not know how I would be able to manage being legally blind, unable to walk properly, and unable to get through a day without falling down. I became confused, sad, angry, and negative.

Over the course of this struggle, I created new habits that have been a tremendous help. These habits did not – could not – change the facts, but looking at the facts from a new perspective allowed me to see everything differently.

Many of the habits we repeat over and over are unconscious. These habits create who we think we are and the way we process our daily life. When we create new habits, we literally recondition our subconscious.

One of the most common habits we all have is what I call “home.” As soon as we walk through our front door, we click into familiar habits such as putting away our keys or

hanging up our coats. Imagine Mr. Rogers taking off his overcoat and sneakers and putting on his cardigan and slippers.

The habits you form with each technique you learn in Part Two will become building blocks as you face future challenges. Create habits of these techniques, and you will find that the way in which you meet challenges can be like walking through the front door of your home—easy and familiar.

The Relaxation Habit

The Relaxation Habit is the foundation of all of the other tools in this section since it enables you to clear your mind in order to focus. Put another way, it is the tool that opens the door to your deepest wisdom with very simple but profound effects.

Close your eyes and inhale deeply. Imagine the incoming breath as a warm wind entering your body, relaxing anything it touches. When you release that breath, let go of all the tension stored in your body. Now, try it again – inhale deeply, exhale fully and imagine the warm wind coming in and tension going out. Do this ten times, and with each breath you will sink into a deeper state of relaxation.

At first, remind yourself to take these ten deep breaths before you go to sleep and upon awakening. If you have to, place a little note reading “Breathing Relaxation” by your bed. When you relax before sleep, you will find it easier to fall asleep. When you practice this breathing upon waking up, you will enter your day with your inner resources more accessible.

The next time you try it, or maybe the following time or the one after that, you may find that you no longer have to tell your body to go into a state of relaxation. The Wisdom of your Body will do it for you. The Relaxation Habit will become second nature.

Dreamwork

When you reach a state of relaxation, you have the ability to consciously program your mind to accomplish goals. I call this technique Dreamwork.

Thomas Edison was a brilliant man, but sometimes even he faced problems he could not easily solve. When that happened, he would lie on a board between two chairs with a ball resting on his stomach and ponder the problem. When he fell asleep, the ball would roll off and crash to the floor and—presto!—he had the solution he was looking for.

Edison may have invented the light bulb and the phonograph, but another reason I admire him is that he instinctively understood Dreamwork. There are two times daily when the doors to our subconscious are open, just before we go to sleep and when we first wake up. If you plant seeds in your subconscious at those times, they can easily develop into habits, especially if you have done the Relaxation Technique just presented.

By planting the seeds of a problem before you go to sleep, you are creating unfinished business for the Wisdom of your Body to complete. Completing unfinished business is one function of dreaming. Just think if you could use that natural function of your body consciously: Edison did.

I used Dreamwork when I was first diagnosed with MS to learn how to run. My balance was poor and my legs were weak , but before I went to sleep, I imagined running on the beach. Then, I went down to the beach, which was a safe place to fall—and I ran a short distance. Once I used Dreamwork, I could approach running without the self-doubt that limited me because I saw myself do it.

I also used Dreamwork to teach myself how to walk and to face challenges such as giving my first seminar in front of a large group. Dreamwork gives you the ability to accomplish goals by affecting your subconscious in a positive way. In healing, using Dreamwork is not the cure-all for your problems, but it can shape the way you approach all your challenges.

Other Techniques in Part Two

Once you have mastered consciously programming your mind, follow the techniques described in the rest of this section. Each chapter gives a comprehensive step-by-step guide to a particular technique to help you receive the Wisdom of your Body.

Here is a quick summary:

1. The Positive Self

Simply put, your Positive Self is the part of you that emerges when you identify with the Wisdom of your Body, and your Negative Self is what emerges when you do not. We have already learned the Positive Self Technique in Part One. In Part Two, the Positive Self will be used to receive clear messages from the Wisdom of your Body.

You will learn how to connect to the Positive Self any time by using a simple trigger. This will allow you to better receive the messages from inner wisdom.

2. Self-Trust

We trust what we know and what we know becomes important to us. Unfortunately, most of us have been conditioned to trust only what we know, and this becomes our mind-made reality. If we learn to trust the Wisdom of the Body, we become more receptive to it and naturally connect to powerful inner resources instead of the limitations we learned in the past. The Wisdom of the Body is the home of our inner resources. We need those resources whenever we set out to do something special—like getting a job in the midst of recession.

3. Breathing into Silence

The Wisdom of the Body exists beyond your thinking mind in a place I call Silence. When we become aware of that part of us, we find an inner peace and a shelter from disruptive thinking. Breathing into Silence is a technique that transports you into Silence via breathing. Breathing into Silence and the Easy Breath were the focus of Part One. In Part Two, these techniques are further developed and will help you manifest in this world.

4. The Bio-Computer

The Bio-computer is a way of using your brain to optimize the habits developed in this book. It is an effective tool for breaking unwanted habits and programming new

habits. We have learned many techniques up to this point. The Bio-computer packages them all, so that you can use them effectively without thinking about them.

Question: Are you ready to let go of your old conditioned habits, so that you can consciously condition your subconscious mind?

Chapter Thirteen: The Positive Self Means Connecting to the Best Part of You

“An individual’s self-concept is the core of his personality. It affects every aspect of human behavior: the ability to learn, the capacity to grow and change.

A strong, positive self-image is the best possible preparation for success in life.”

Dr. Joyce Brothers, Psychologist and Author

Since contracting multiple sclerosis, I fall about twice a day. This has taught me to draw on my Positive Self so that negative thoughts don’t defeat me. I came to realize that much of my problem was related to self-image, that which determines the quality of our thinking more than anything else. Many people view themselves based on how others see them. In this case, self-image becomes a filter for everything they encounter in life. If people relate to them in terms that are more negative than positive, then they will likely have a negative self-image.

A positive self-image, on the other hand, can do wonders. In Part One, we learned that the positive self-image helps you to connect to the Wisdom of the Body. Now we will learn how your positive self-image plays a significant role in how you relate to your challenges and to the people you know. A positive self-image allows you to think more creatively, express your heart more truly, breathe differently and observe your inner wisdom performs its magic.

After I started falling, I refused to allow myself to get up until my Positive Self was in control. Instantly, my stress levels went down, and I began to interpret my situation from a much more conscious perspective.

Changing your self-image can be done on your own, but when you're facing a significant challenge, I recommended that the people closest to you become involved. Remember that the way people relate to you tends to define the way you learn to relate to yourself. If your family and friends related to your Positive Self, it will reinforce your positive self-image.

Explain your Positive Self to your family and friends: Tell them how it helps you better present yourself to meet your challenges. Asking for that acceptance can help usher in the replacement of life-long learned habits you have deep within you with conscious habits that will truly benefit you.

Now think of a challenge that you have to face. Which part of you do you want to meet that challenge? Learn this technique and prepare to meet your challenge with the best parts of you.

Negative and Positive Self

In many cultures around the world, it is a given that each person has two facets within, two opposing forces if you will. The Taoist tradition of China gave the world a physical representation of this dichotomy, the yin-yang symbol. In the Judeo-Christian Bible, it is often said that human beings were created with two opposing inclinations, one

impelling them toward good and the other toward evil. Even if you have no interest in religion, you only have to turn on the television. In how many cartoons have you seen a character with an angel on one shoulder and a devil on the other?

When you learn about the Positive Self, you will also learn about your Negative Self. The Negative Self is not always made of negative experiences, and it is not always a bad thing to have. You could even say that we are not complete until our Positive and Negative Selves consciously interact. We will talk more about that later in this chapter. For now, though, we will define the Negative Self as the self-image that comes from your past conditioning and only represents the conditioned part of you. Your Positive Self is the part of you that emerges from your deepest inner wisdom.

In this chapter, you will learn to identify your Positive and Negative Self in the context of manifesting. You will use Journal Writing and what I call “The Shift” to create habits for this expression.

Identifying Your Positive and Negative Self

Do the next exercise as though you are doing it for the first time though it is similar to the exercise you did in Part One. This time, think of your self-image as the part of you that expresses yourself. This exercise will be more powerful if you write it down.

Start with the relaxation process from Chapter Twelve. Take ten deep breaths and put yourself into a relaxed state. Once you are in that state of mind, you are ready to move on.

Answer these questions with candid first impressions. Your written answers will allow you to take a step back and create valuable tools for inner growth.

Identifying the Negative Self

1. Think of a goal, one that you can really put your heart into. Let that goal slip into the background and this technique will show you what part of you has that goal, your Positive or Negative Self.
2. Think of the worst personal experience you can remember, for that experience helps you to connect to your Negative Self. Capture that negative experience in a word or a phrase and record it.

3. Describe in two ways how you feel when you experience this negative feeling.

1) _____ 2) _____

4. Think of all of these words or phrases and put them together to give a creative nickname to your Negative Self. What would you call that character?

Identifying the Positive Self

Now create your Positive Self, the part of you that was created from times when you were connected to and manifested your powerful inner resources.

1. Recall the best moment you have had and capture that experience in a word or a phrase.

2. Think of two ways this experience makes you feel and express those feelings in a word or a phrase. 1) _____ 2) _____

3. Now give a creative nickname to your Positive Self; what would you call that character?

State the name of your Positive Self in an “I Am ” statement.

I am _____ (use your Positive Self’s nickname)

4. While saying the “I Am ” statement, imagine your Positive Self. Then breathe into your Positive Self as if your breath gives it life and let images bubble up in your mind of times that you expressed your Positive Self. This is an important habit to develop for it becomes a shortcut to connect to the Wisdom of your Body. Once you develop your Positive and Negative Self, you can use these aspects of yourself to develop valuable life skills to help you face your challenges.

Imagine if you are in an important situation like a job interview. The habit of connecting to your Positive Self can create a positive self-image. You may not be able to

control all the elements of your challenge, but you can control how you deal with that challenge. That simple habit takes so little effort, but when you master it, you express yourself more clearly and better control your situations.

If you practice saying your “I Am” statement and breathing into your Positive Self, you will soon find yourself identifying with it.

Here are two more techniques you can use to speed this along and enhance the experience:

1. Associate the “I Am” statement and breathing exercise with your physical body. While saying the “I Am” statement, touch some part of your body that will be associated to this technique. I use the pulse in my neck. Some people pull their ear lobes and associate that with their “I Am” statement. The important thing is to create a non-verbal connection associated to your Positive Self. Then when your mind gets into an anxious state, the combination of that touch with your “I Am” statement can directly connect you to your Positive Self.
2. Write your “I Am” statement on a card and place it by your bed to read out loud before you go to sleep and upon awakening. When you read that note, touch that spot associated to your Positive Self and breathe in to the image of your Positive Self; remember times when you felt that way. Before sleep, say your “I Am” statement with the intention of your Positive Self influencing your dreams. When you wake up, say your “I Am” statement with the intention of your Positive Self helping you in your daily life. Dreamwork helps you to program this into your subconscious mind and make it a regular habit.

The Positive Self in Action: A Demonstration

The Positive Self is a really powerful tool, but do not just take my word for it. Experience it for yourself. I will give you a test, but you will need a friend or at least an assistant to help you.

Hold your dominant arm straight out to the side (your right arm if you are right-handed). Try to keep that arm rigid as you say “I am (nickname of your Negative Self).” While doing this, have your friend press down on your wrist as you resist. Notice how far your friend is able to push.

Now say your “I Am” statement using your Positive Self’s nickname and try to resist as your friend pushes down on your wrist again. Did you find that you had greater resistance while saying the “I Am” statement using your nickname for your Positive Self? This shows you the inner strength you have when you connect to your Positive Self. This happens on a subconscious level, but it will affect every expression physically, emotionally and spiritually in a more conscious way.

The Positive Self in Action

Ron was a success by any measure. He had three beautiful children and a fine job, but he was in a terrible car accident that killed his young son. After the accident, he was devastated. He went into such severe mourning that he was not able to work effectively or take care of his beloved family. He needed to find a way to mourn but not to the detriment of these vital parts of his life.

Ron did the exercise you just did and came up with names for his Negative Self and his Positive Self. He called his Negative Self “Crushed” and his Positive Self “Courageous.”

Ron found that during the times he related to his family and work from the perspective of Crushed, it usually created problems. He would fall into a deep depression and lose his ability to concentrate. Courageous, on the other hand, still needed to mourn, but that mourning came from the Wisdom of his Body. In Chapter Ten, we learned that mourning from inner wisdom is different than mourning from the level of thoughts and memories. Courageous naturally came from that depth. This allowed him to perform as well as ever at work and relate to his family with a healthy heart.

I shared this process with a veteran who had grown very close to his Negative Self. He named his Negative Self "Terror." He found pleasure in his ability to deal with "Terror", for in his combat experience it had served him well. But he nicknamed his Positive Self "Ultimate" and found that this was his Real Self. He knew both experiences well, but when sharing with the people he loved, "Ultimate" obviously served him better than "Terror".

Judy was a single mother with a great job, but she found it stressful being both a successful working woman and a loving, concerned mother of two boys. Judy named her Negative Self “Victim” and her Positive Self “Lioness.” Whenever she felt the effects of “Victim,” she just said her “I Am” statement and changed her perspective instantly. The easier it was for her to connect to her Positive Self within, the easier she was able to relate to her boys from that depth.

In a seminar I did for mentally ill homeless people, one lady named Anne was having recurring nightmares of being chased by a threatening man. She named her Negative Self “Worry” and her Positive Self “Happy.” She developed a habit of saying her “I Am” statement before she went to sleep. Before long Happy appeared in the nightmare, turned to the man chasing her and yelled, “*Stop it!*” Anne’s nightmares went away, and she began to identify more with Happy because Happy proved herself during a vulnerable time; she also began to use her “I Am” statement during the day to deal with unpleasant times.

Each of the above examples shows the potential of our mind, but old habits die hard. The Negative Self eventually returns, sometimes stronger. That is why it is very important to develop strong habits of your Positive Self. If/when your Negative Self appears, your “I Am” statement can trigger an even stronger Positive Self.

The Shift

In my seminars, people often ask me, “How do I get from my Negative Self to my Positive Self?” The answer is a technique I call “the Shift.” Once you program the Shift into your subconscious mind, you can go from the Negative Self to the Positive Self instantly, with a simple hand gesture.

With your non-dominant hand (if you are right-handed, that would be your left hand), capture your Negative Self in a hand gesture. For example, if you get angry too easily, you could make a fist with your non-dominant hand. Because it is done with your

non-dominant hand, it will naturally feel weaker than it would if it was done with your dominant hand.

Now, with your dominant hand, capture your Positive Self in a hand gesture and express it with strength. The gesture representing your Positive Self could be your hand firmly placed over your heart.

Express your Negative Self with a weak gesture of your non-dominant hand. Then as fast as you can, switch to the gesture for your Positive Self with your dominant hand.

This Shift from the Negative Self to the Positive Self happens in a fraction of a second. In that moment, breathe into your Positive Self and feel its power. In my seminars, people often perform the Shift and find the sensation unreal at first, but try it for yourself. Realize what you are doing here is developing a habit that will shift your connection from your Negative to your Positive Self. Even though it seems awkward at first, if this is developed into a habit, it can be an incredible tool for you.

You can also use Dreamwork to help make the Shift more powerful. Try it before going to sleep and upon awakening. Practice often enough and you will find that you can transfer from your Negative Self to your Positive Self instantly.

The Shift can be incredibly useful in dealing with difficult times. For example, you may have an appointment with the person at work who decides who does or does not get laid off. If you enter that appointment connected to your Positive Self, you would interpret the information you received from a conscious perspective, regardless of what was discussed.

The next time you find yourself in a negative situation, try the Shift. You may find the transition so subtle that nobody around you will notice, yet so potent that it will change your entire outlook. If you practice the Shift enough, you may find that you do not even need the hand gestures. In fact, you may not even need to think of making the Shift. It will just happen automatically. This is what I call the Automatic Shift, and for people in a long-term stressful situation, it can be a valuable tool.

An important point: The names of your Positive and Negative Self are not permanent. Just as you keep growing and evolving, so can these nicknames. Similarly, the hand gestures you use for making the shift can change also.

Before you read further, take time to master the techniques we have discussed in this chapter: accessing the Negative Self, accessing the Positive Self with your “I Am” statement, and the Shift. After you feel comfortable with what you have learned, the next technique will support you.

Journal Writing

This technique will help you create one of the most important habits this book offers, one that can bring the benefits of your Positive Self every time you think. The foundation of this technique is simple. It involves writing letters to yourself every evening for at least ten days. But here is the trick; you are writing to yourself from the perspective of both your Negative Self and your Positive Self.

First, put yourself in the frame of mind of your Negative Self. In your letter, allow the Negative Self to share anything it feels such as hesitations, fears, or resistance

to change. Then connect to your Positive Self. Breathe into it and respond to that letter from your deepest wisdom.

In Writing Your Response to That Letter

You may be wondering, “If the whole point of this book is to respond from your Positive Self, why even bother with the Negative Self?” It is important because the Negative Self cannot be ignored. Accepting the Negative Self actually strengthens your Positive Self.

In physics, Weber’s law states that a light shines brighter in darkness. Imagine your Negative Self as darkness and your Positive Self as your inner light. That light will shine brighter when it is seen in comparison to your Negative Self. The Negative Self, for its part, becomes more receptive to change once it is allowed expression.

If you schedule a specific time to write these letters every day—I suggest the evening—you will subconsciously prepare for them during your entire day. If you feel the urge to write to yourself at some other time of day, by all means do so, but it is important to also write to yourself again at your regular time.

Once this habit is established, your deepest wisdom can take care of negativity using your Positive Self whenever this negativity bubbles up. In building this habit, you are creating insurance that if anything goes wrong, your Positive Self can deal with it.

You may become so practiced at journal writing that your mind will be able to function in journal writing mode without actually putting pen to paper or finger to

keyboard. Simply by thinking your letters from your Negative to Positive Self you will be able to switch to your Positive Self and get a response from the Wisdom of your Body. It is important to start out literally writing the letters, though, because once you build the basics you will be able to develop strong habits.

This also works with any other task you might face. The Negative Self is always there, and sometimes it can sabotage what you are attempting to do. When you face such a challenge, write a letter from your Negative Self to your Positive Self and express everything you feel. Then, say your “I Am” statement and have your Positive Self answer the letter.

You can put Journal Writing to practical use even while you are reading this book. If you find yourself getting stuck on a concept or technique, write a letter to your Positive Self and express your difficulties. Then say your “I Am” statement and allow your own wisdom to help you.

Using the Positive Self to Overcome Society’s Problems

“Ultimately, what we’ll discover, as individuals and collectively, is that while we may attempt to hammer our world into submission through pure force and might, lasting change will only come from within. We must become the very change we choose to experience in our world.”

Gregg Braden, Scientist and Author

We have seen that the Positive Self is a wonderful tool for addressing the problems of individuals, but I often wonder what would happen if we collectively joined together to deal with problems from our deepest wisdom.

Imagine if each person participated in society from the Positive Self. In 2009, America experienced hard economic times and was in a healing process. The plans the government implemented needed to be received like a patient receives medical treatment. People had to be connected to the Wisdom of their Body instead of their self-centered ego.

This required a growth in consciousness and the ability to let go of the past. When a person faces the threat of death, dramatic transformations naturally occur. Now our country faced a different threat and wisdom was required. Everyone had to be open to transform as though they personally faced this threat and connected to the Wisdom of their Body.

Obviously, just changing the public's perspective will not solve the major problems, but that shift can help people respond to and cope better with difficult times. How we respond in times of national crisis plays a significant role and that is where the Positive Self can be a useful tool. We all had a role to play in this recovery, and it began with connecting to our deepest inner wisdom. This transformation is needed in different aspects of society.

Medicine

When a person is ill, very often it is not the illness that determines the outcome as much as the attitude of the patient. Norman Cousins said that 50% of healing is the doctor's responsibility, and 50% is the patient's. But too often the medical community treats patients as victims without encouraging them to play an active role in their own healing.

The Positive Self can be an excellent tool for putting a patient in the right frame of mind to fight illness from within. I would like to see nurses or volunteers teach patients to access their Positive Self. Simply triggering the Positive Self could make the patient an active partner with the doctors and make their treatments more effective. This could change our medical system from within. Whether the patient is hospitalized, convalescing after an illness, or just home sick from work, this down time is a great opportunity to master this technique.

School Violence

Recent years have seen an epidemic of violence in our schools. As horrific and troubling as this trend is, one common trait shared by the offenders is low self-esteem. If we have learned anything from the violence in our schools, it is that dealing with students' low self-esteem is really everyone's problem.

Imagine what would happen if children could be taught to create a positive self-image the same way they learn reading, writing, and arithmetic. Many of these children only know the negative self-image given to them by family and peers. What if they had a

Positive Self to fall back on as well? Teaching our children how to develop their self-image would be good for the bullies and for those who get bullied.

Education

The Positive Self could help students eliminate mental blocks that inhibit them from learning. They could learn to better handle internal stress and, most important, develop a positive self-image that teachers and other concerned adults could support. For example, if he is being harassed and teased by other students, he could interpret that struggle from a calm, wise perspective. Self-judgment would not add to his stress.

If a society truly valued the Wisdom of the Body and the tool the Positive Self, almost all aspects of society would benefit from the conscious participation of the common person.

Supportive Techniques for the Positive Self

This is a preview of several techniques presented in the next chapter that will help you to know your Positive and Negative Self better so that you become more receptive to inner wisdom.

1. Confidence: You will use the Positive Self to deal with limitations created by the Negative Self.

2. **Forgiveness:** We all have faults, but for many of us the faults become overwhelming and create limitations in our own minds. Forgiving yourself for your faults breaks down attitudes that block you from being receptive.
3. **Priorities:** Our priorities determine where we place our focus, though not all of our priorities are good for us. Broadly speaking, we have priorities that come from the Positive Self and others from the Negative Self. Often there is a great divergence. You need to distinguish between the two and choose the priority that works best for your situation.
4. **Conscious Expectations:** Most of us build up expectations of outcomes from particular actions based on past experience, not on the Wisdom of the Body. You have the power to change your expectations so that they come from the perspective of your Positive Self.
5. **The Meaning of Words:** It is not just our actions that have meaning; it is also our words. By recognizing the words we habitually use in specific situations, we become more conscious of their meanings—and their effects—and it leaves us open to change them in order to become more receptive.
6. **Releasing Unexpressed Emotions:** Too often, we bury emotions in our body instead of releasing them. You can use your Positive and Negative Self to release emotional blocks that separate you from the Wisdom of your Body.
7. **Inner Garden:** You can create a place you within you where you can deal with your problems on a deeper level, using the Wisdom of the Body. This will free you to deal with your daily life without the burden of your problems.

When you master the Positive Self habits, you will be able to approach your goals receptive to your deepest inner wisdom.

Review

Let us review what we have done in this chapter. We connected to your Positive Self, the part of you that can express the Wisdom of your Body, and we have identified your Negative Self, the part of you that expresses your past conditioning. We have also learned the supportive techniques used to program this into your subconscious mind. Dreamwork can help you program your “I Am” statement into your subconscious mind. The Shift is a way to change your mindset instantly. Finally, Journal Writing is a way to condition your mind to direct your thoughts to your Positive Self and receive the responses from your inner wisdom.

Practice the Positive Self technique until it becomes a comfortable habit. When you use the tools mentioned above with the intention of creating a habit, you will learn to identify with your Positive Self. The next chapter will help you integrate the Positive Self into your daily activities.

Question: Do you feel changing yourself could change your perspective in everything you do?

Chapter Fourteen: Techniques to Support the Positive Self

“If you change the way you look at things, the things you look at change.”

Wayne Dyer, Author

To change your self-image, you have to create habits with the new self- image in many different ways. You are not a concept, so this technique cannot only be remembered to be useful. It has to be a habit. Apply it in as many ways possible to change more than the idea of you.

Somebody calls your name across a crowded room and what happens? You automatically turn around. That is because your name is programmed into your subconscious. To master Life Skills techniques, you will want to program them into your subconscious as well. Before you do each technique, remember to take ten deep breaths and direct your awareness to your Positive Self.

In this chapter, you will learn several techniques to strengthen your Positive Self and complete the unfinished business of your Negative Self. This includes forgiveness issues, setting priorities, creating expectations and releasing unexpressed emotions.

In Part One, the Positive Self was directed inward to connect to the Wisdom of the Body. That is similar to an in-breath. In Part Two, the Positive Self will interact with your external world as an expression of your deeper wisdom. That is similar to an out-

breath. When this becomes a habit, it will be as simple as breathing to manifest completely.

Approach these techniques with the intention of reconditioning your subconscious mind and eventually their positive effects will come naturally to you, just as if you heard your name called across a crowded room.

Using Your Positive Self for Inner Growth

The purpose of the following supportive techniques is to help your Positive Self work for you in a variety of situations. While you are reading, try each technique at least once. If a technique creates any kind of reaction, it is a signal that there is something for you to learn. Even if you do not think a particular technique has relevance to you, approach it with an open mind. Often, the most profound lessons come about when you least expect to learn something.

Stop after you have tried each technique and let the experience sink in. Relax before you start the next technique-do not forget to take ten deep breaths. As we have already learned, the Relaxation process is a way for you to integrate these techniques into the depths of the Wisdom of your Body. To review Relaxation, go back to Chapter Twelve.

Approach these techniques by identifying with your Positive Self. Do not just try to understand the technique using your mind. Say your “I Am” statement to connect

yourself to the Wisdom of your Body and your Positive Self can integrate these habits into your daily life.

Confidence

The word “confidence” comes from the Latin “con fide,” which means “with faith.” Confidence is an expression of the whole person, which I define as someone who accepts both the positive and negative parts of himself or herself.

Put another way, confidence is a sort of kindness, kindness which says that your Positive Self will not abandon your Negative Self and is willing to listen to its thoughts, emotions and complaints. With confidence, your expressions are never limited by your Negative Self.

There is a Zen proverb which says that a sharp knife can cut almost anything except itself. I am sure you have encountered people who are critical of everything, but refuse to turn the mirror on themselves. Others are kind, loving and caring to everyone – except themselves! No matter what your station in life – from homeless person to CEO – the kindness in your own heart can be your greatest comfort.

The technique I call “Confidence” allows you to find this kindness. You identify with your Positive Self while still listening to your Negative Self. You will learn that the love and kindness in your own heart is stronger than the negative thoughts in your mind. I have seen that simple realization completely transform people’s character.

Confidence Technique

Step 1: Remember the nicknames you gave to your Negative Self and your Positive Self.

Step 2: Imagine sitting in a field, thinking about your Negative Self's problems. Imagine failures you have experienced, hesitations that held you back. This is the time to really explore your Negative Self's effect on your life. Remember the major negative experiences you have had; at the root of those experiences was your Negative Self.

Step 3: Now imagine your Positive Self walking up to your Negative Self and saying "I am here for you." Allow your Negative Self to share everything with your Positive Self. Then, have your Positive Self respond from the depths of wisdom.

After that exchange, notice how good it feels for your Negative Self to release those troubles and receive a kind and loving response from your Positive Self. If you ever feel your Negative Self needs some attention, say your "I Am" statement and have your Positive Self deal with it. You will find that when you are connected to this kindness, you will respond better to everything, from your family and co-workers to your most difficult challenges.

I have found that my Positive Self is able to control whatever my Negative Self throws at me; pain, discomfort, fears, anxiety, or losing sight of what matters. My Positive Self goes beyond my mind-created reality and finds the tenderness that turns pain and discomfort into a gift, but the best thing about this technique is that it is within each of us, always.

At the PTSD clinic I was working with an ex-Marine sergeant. He named his problem "Anger" and the ideal Right Brain he named "Mother Theresa". Then he triggered the kindness of "Mother Theresa" being kind to "Anger" by saying, "Serenity". I did not feel he had many opportunities to develop his "Mother Theresa", thus giving to himself the kindness he needed. "Mother Theresa" could deal with the thoughts of his problem much better than "Anger" could, he just had to create a habit of using this part of himself. He did develop the trigger of "Serenity" so by just saying it he saw "Mother Theresa" embracing "Anger". This gave him the power to control "Anger" with the kindness within his own heart.

Forgiveness

“Forgiveness is the key to action and freedom.”

Hannah Arendt, Philosopher

Have you ever seen a spider spin a web, get caught in it and die? When we are not connected to our deepest wisdom, we spin our own webs – in our minds, in our relationships. And when we get caught, we get entangled. Though we might not die, we are cut off from our deepest wisdom and a connection to life.

The Lord’s Prayer says, “Forgive us our trespasses as we forgive those who trespass against us.” The act of forgiveness releases both the forgiver and the recipient of

that forgiveness from burdensome thoughts. Once you are free from those thoughts, you can connect to the Wisdom of the Body.

The next is to forgive yourself, which takes you to a deeper level. When you forgive yourself, you have accomplished something very valuable.

Say you have harmed someone else and ask for that person's forgiveness, but that person does not forgive you. Or, say it was some wrong you committed in the past and the person you harmed is no longer able to forgive you. Does that mean that they determine whether you connect to your inner wisdom? Does that mean that you will not find forgiveness? No. You are the one ultimately in control, but you have to go deep enough to forgive yourself. Instead of that other person forgiving you, your Positive Self can forgive your Negative Self.

Forgiveness Technique

The simple act of writing your responses down allows you to step back and objectively view them.

Step 1: Think of the worst thing your Negative Self has done and write a letter to your Positive Self from the point of view of your Negative Self. Describe what your Negative Self did and why. Be as detailed as you can. Expressing your Negative Self's perspective allows you to see the roots of that wrongdoing.

For example, Hank, one of my seminar participants, took pride in his ability to fight. Somewhere deep inside, he knew that fighting all the time was not right, but he could not stop it. He wrote all this to his Positive Self.

Step 2: Once you have completed that letter, say your “I Am” statement, connect to your Positive Self and respond to that letter. In Hank’s case, his Positive Self saw how shallow pride was destroying his life and how that could be fixed. Hank had built up defenses to protect himself from others, but his own Positive Self was able to see beyond that.

The Positive Self can give your Negative Self wise advice. When you find the humility to have your Negative Self be honest with your Positive Self, you will find that forgiveness comes easily.

I have seen this technique heal some deeply-embedded issues instantly and I have seen this process move very slowly. You may not reach complete forgiveness right away, but it is important that you move in that direction. The more you write these letters, the easier it becomes to communicate to your Positive and Negative Self. Some people feel forgiveness after just one round of letter writing. For others, it takes several letters. Like the spider and the web, you are forgiven when you feel free from the web of issues in your own mind.

Priorities

Priorities are a way of identifying what part of you controls your actions. For instance, if you are connected to your Negative Self, you may subconsciously give priority to a trait of your Negative Self like isolation or being over-dominant.

Jack called his Negative Self “Worry” and his Positive Self “Heart.” Worry’s priorities reflected his lack of trust with everyone he met. That lack of trust revealed itself

in behaviors like self-doubt, being overly-apologetic and settling for a mediocre quality of life. It ended up destroying his relationships with business colleagues, his friends and even his family.

Heart's priority, on the other hand, was self-acceptance. Heart attracted people into Jack's life, because Heart was a person people enjoyed being around.

Simply by changing his priorities, Jack was able to change the quality of most of his relationships. A minor adjustment in your mind can have significant results in your everyday life. The only thing stopping most of us from making that change is conditioned habits locked into negative priorities.

Another reminder about the Negative Self: Just because it is called your Negative Self, does not mean that its priorities are always negative or harmful. For example, you may have been conditioned in an environment where being pleasant to others was a priority. In many cases, that is a good thing. But if that pleasantness means glossing over problems, then you might appear pleasant on the outside while you are actually miserable on the inside.

Priority Technique

Step 1 of the Priority exercise is to become familiar with your Negative Self's priorities.

Step 1: Think of a situation where your Negative Self was in control and list two priorities from that time:

1 _____ 2 _____

Step 2: Do the Shift and connect to your Positive Self.

Step 3: Now write the Priorities of your Positive Self in that same situation:

1 _____ 2 _____

Do you notice a difference? In the last chapter, we saw how the Switch can take you from your Negative Self to your Positive Self and here we have seen how it can change your priorities. Simply by switching your self-image, you have the power to accept the priorities you have been conditioned to accept or to choose the priorities of your deeper wisdom.

Expectations

Every habit has an expected outcome. You push the button on the coffee maker in the morning and five minutes later you will have coffee. Unfortunately, though, most of us are so conditioned to certain outcomes that we do not consider other possibilities. What if, instead of the usual coffee, one morning your coffee maker gave you a steaming hot cappuccino?

Just as you are able to switch from your Negative Self to your Positive Self, the Wisdom of the Body can help you change expectations, stop unconsciously favoring your past conditioning and make real changes in your life.

Expectations Technique

Step 1: Identify three habits your Negative Self has created that cause you problems.

Some examples might be negative habits you have in relationships where you cannot express your feelings to the people you love, or in the way you work with people who disagree with you.

1. _____ 2. _____ 3. _____

Step 2: Pick one habit you most want to change.

Step 3: Use the same letter writing approach you used in the Forgiveness technique. Have your Negative Self write your Positive Self a letter about the habit you want to change.

From your negative perspective, express everything you can about that habit.

Step 4: Now do the Shift and have your Positive Self respond to that letter. Your Positive Self will create a new expectation for you, so whenever that habit reappears, you will be able to re-examine it from the perspective of your Positive Self.

Later, whenever that habit emerges, you can do the Switch and your Positive Self will be there to guide you. Of course, you can use Dreamwork to program this change, as well.

I once worked with Beth, who suffered from negative memories from her childhood. Her mother was very controlling and seldom showed her emotions. When her mother was old and in failing health, Beth's heart told her to be there for her mom, but her past conditioning made her resist.

When we worked together to look at Beth's situation, we identified the expectations she had of her interactions with her mother. I had her capture those expectations in a character she called "Yecch." Then I asked her to switch to her Positive Self. She came up with a character called "Christ." Beth realized that when she felt Yecch, she needed to switch to Christ, which she did by means of a hand gesture. In a fraction of a second, Beth was able to deal with her Mom from a new perspective.

I told her to create a habit of this and to program it into her subconscious. She used Dreamwork, practicing the technique before sleep and upon awakening. Before long, when she felt Yecch coming on, she could switch to Christ and deal with her mom from her heart.

When you develop the ability to control expectations, you have also learned how to control your subconscious reactions.

Recognizing a priority or an expectation of your negative self can be a trigger to switch from a negative perspective to a positive one. Sometimes, it is easier to recognize expectations and priorities and the actions they create than it is to recognize the self-image you identify with.

Meaning of Words

We all use words with the assumption that others around us will understand them, but words are only as effective as the party hearing them. It is the same with thoughts.

It is important to take charge of who listens to incoming thoughts. For example, if you hear something from the perspective of your Negative Self, it will have a different meaning than if you heard the same statement from the perspective of your Positive Self.

Often, when people relate to a handicapped person, they come from a place of pity, treating that person as a helpless unfortunate. When that happens to me, my Negative Self instantly reacts with rejection, even anger. On the other hand, my Positive Self accepts whatever they say as an attempt at kindness and I can relate to their hearts instead of reacting to their words.

Meaning of Words Technique

Here is how you can use words and interpret events in your life from your Positive Self's perspective. Record your answers.

Step 1: Think of an area of your life that is important to you and record it. Choose a topic or situation that you think about a lot. Your health may be interesting to explore, but feel free to choose another topic as well.

Step 2: List 4 words that reflect your Negative Self's perspective concerning that topic.

1 _____ 2 _____

3 _____ 4 _____

Step 3: Now do the Shift and view this topic from your Positive Self's perspective.

1 _____ 2 _____

3 _____ 4 _____

Notice any difference between the two sets of words you chose. When you change your self-image, you change the meaning of the words, too. The lesson from this is: Relate to the important areas in your life from the perspective of your Positive Self and you will speak from the Wisdom of your Body.

Releasing Unexpressed Emotions

“When we direct our thoughts properly, we can control our emotions.”

W. Clement Stone, Author

“Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.”

Doctor Seuss

Many of us tend to keep our emotions bottled up. We bury them in our bodies, with all kinds of nasty ramifications. Just think of the expressions “pent up,” “get it off your chest,” “out with it” and so many more. Bottling up your emotions for too long can have negative effects on your health, your mental state and your relationships.

It is never too late to release unexpressed emotions. In this technique, adapted from John Grey and his “Heart Seminar,” you will use your Positive and Negative Self to help release emotions buried in your body, no matter how long they have been there.

(John Grey is the author of Men are From Mars, Women are from Venus.)

Releasing Unexpressed Emotions Technique

Step 1: Think of a time where you could not express yourself. Maybe you were talking with someone with authority over you, or maybe you were so angry that you were afraid that you might say something inappropriate. It does not matter why you were not able to express yourself. This technique enables you to release those pent-up emotions and let them out.

Step 2: From your Negative Self, write a letter following the format below, completing the sentences in sections 1-4. Your letter does not have to be about your Positive Self: It can be like talking to your best friend about something negative. Follow the form below and try to fill out every statement.

Releasing Unexpressed Emotions

1. ANGER AND BLAME

I feel terrible when you... _____

I hate it when... _____

I am tired when... _____

2. HURT AND SADNESS

I feel sad when... _____

I feel disappointed because... _____

I resent... _____

I feel hurt because.... _____

I feel awful because... _____

3. FEAR AND INSECURITY

I feel afraid that... _____

I do not understand... _____

I feel insecure when... _____

4. GUILT AND RESPONSIBILITY

I am sorry that... _____

Please forgive me for... _____

I do not mean to... _____

Step 3: Perform the Switch. Say your "I Am" statement and allow your Positive Self to respond to sections 5 and 6.

5. LOVE AND FORGIVENESS

I love you because... _____

Thank you for... _____

I understand and forgive you for... _____

6. DESIRE AND DREAMS

I want to... _____

I demand... _____

Please... _____

How did writing these letters make you feel? For most people, releasing these types of unexpressed emotions allows them to remove blocks buried deep inside their body. The ability to express emotions is another aspect of the freedom needed in healing.

The Inner Garden

Sometimes we have important, even vital problems that demand our attention, but circumstances get in the way. While working with people in a serious crisis, I realized that some of their problems had nothing to do with their challenge, but rather they were distracted by everyday cares.

Your problem might be an obvious challenge, but you do not want to talk about it to people around you. Maybe your problem happened when you were a child and talking about it still does not feel right. This technique allows you to give your problem to your Positive Self – deep within you – so your deepest wisdom can deal with it. This gives you the freedom to deal immediately with issues before you.

Perhaps you have noticed that, if you step back from a problem, the solution becomes obvious. This technique allows you to do that. Plus, you get the bonus of leaving the problem in the hands of a trusted friend – your Positive Self.

The Inner Garden Technique

Step 1: Close your eyes and imagine a garden so beautiful that it is almost mystical. Now, imagine your Negative Self at the top of a stairway leading to that garden. Count the stairs as you descend: “10-9-8-7-6-5-4-3-2-1”.

Step 2: Once inside the garden, your Negative Self sits down and contemplates a problem. After visualizing the problem, capture it into the image of a statue and extract that statue from your body. We bury our problems in our body, sometimes on our shoulders, in our stomachs or even in our hearts. In this mystical garden, you have the ability to remove that problem. See yourself reaching into your body, pulling that problem out as a statue and setting it down in front of you, so you can see it clearly. You can even create multiple statues if you have several buried problems.

Step 3: Watch as your Positive Self walks over to your Negative Self, embraces it and says, “Leave your problem with me in the garden. Trust me and I will take care of it. Anytime this problem arises, just say your “I Am” statement and know that I will handle it. Then, you can deal with everything else going on in your life.” The Positive Self walks the Negative Self to the stairs and says “Good-bye and do not worry. I will take care of your problem.”

Step 4: As your Negative Self walks back up the stairs, count 1-2-3-4-5-6-7-8-9-10 and look back to see your problem in the hands of your Positive Self. Notice how free you feel.

Examples of the Inner Garden

Several weeks after leading a group of Vietnam vets through the Inner Garden exercise, one of the veterans wrote a suicide note and seemed committed to killing himself. He felt he was losing everything. He was having a sexual addiction problem and he was losing his friends and his wife. After he wrote the suicide note, he went to a Japanese garden on the Veterans Administration Hospital grounds. He said the only thing he had was the memory of this technique, but he did not think it would work for him.

When he went into the garden, he remembered his Negative Self was named “Suicide,” and he pulled that out of his heart. He left “Suicide” in the Garden with “Happy” his Positive Self and he felt he could see “Suicide” from a different perspective. He said that when the problem was taken out of his heart, it was gone. Without the problem, the urge to commit suicide was gone, too.

He thought it was because of the technique, but in reality, the technique is like a mirror. It was really his own wisdom that conquered the problem. All he needed was to have thoughts from the Positive Self, which relies on wisdom, but because he was not able to create those thoughts himself, the technique enabled him to get in touch with his own wisdom and conquer his problem.

Jean was a 30 year-old cancer patient and overwhelmed. Chemotherapy treatments left her feeling sick and she was losing her hair, yet at the same time her young children really needed their mom.

Jean went into her Inner Garden and extracted two statues from her heart: One statue dealt with her cancer and the other statue dealt with the demands of being a mom during such a trying moment. She left the statues in the Inner Garden for her deepest wisdom to care for. That gave her freedom from superficial thoughts and concerns, which allowed her inner wisdom to deal with the problem as she focused on what she had to do. This technique kept Jean focused, connected to inner wisdom.

Whatever problems you have or issues you deal with, you can use your inner wisdom to deal with those things you have no control over.

I was teaching the Inner Garden technique for about ten years before my Father died, so I knew the concept behind it very well. Along with mourning for my father, I felt a need to kind and loving to my mom. I captured my need to mourn for my Dad into a statue and left it in my own Inner Garden with my deepest wisdom. This allowed me to give my full attention to my mom without ignoring my own need to mourn.

By the way, the image in your mind does not have to be a garden. I once had a Life Skills student tell me that, instead of a garden, he envisioned the altar in his church. He would leave his pew, approach the altar and leave the problem there before returning to his seat.

Whether you are using a garden, an altar or some other place, the Inner Garden allows you to use your inner wisdom to deal with important problems in your life while your conscious mind handles your everyday needs.

To program your subconscious mind, practice the supportive techniques that develop your Positive Self before sleep and upon awakening. Take each technique separately and use Dreamwork to plant the trigger in your subconscious mind. Then, practice using them during the day and these habits will become a part of your character.

Question: When you use your Positive Self to deal with several aspect of your life, it becomes a trusted habit. Do you see any other habit that can serve you better?

Chapter Fifteen: Self-Trust and the Zero Point

“Trust is living moment by moment with an open, receptive response to life. It is knowing that we have within ourselves at any given moment all we need for health and happiness.”

Lou Coffey-Lewis, Author

MS left me with several physical handicaps, but the worst handicap I confronted was my own negativity. I was at the depths of negative thinking and I remembered the saying “we trust what is important to us.” I realized that I was not focusing on the disease. I was focusing on the fear, the worry and the despair. In other words, I trusted these constructs that I had made up in my own mind. Worse, they were blocks on the road to my taking care of myself. I trusted something that was harming me.

It is not unreasonable to trust what you know – throughout this book I call it your past conditioning – but most people do not understand that they can go beyond that.

Since you have read this far, you know better. You know that your deepest wisdom has the power to overcome your past conditioning and the creations of your mind. The purpose of this chapter is to teach you to trust that inner wisdom and learn to manifest from that depth.

The Stress of Combat

Perhaps the clearest example of trusting the Wisdom of your Body is the experience of combat veterans. I have had numerous conversations with these brave men and women and they tell me that when they were on the battlefield, they did not have time to think. Instead, they acted from that most basic of human instincts, self-preservation.

Self-preservation became more important than any thoughts they had— thoughts of family, thoughts of their future, even thoughts of how to get out of their situation. Instinct took over and they just went with it.

They were acting from the Wisdom of their Body without even knowing it. Many of these veterans said that being in battle was the worst experience of their lives. Paradoxically, many of them also said that it was the time in their lives when they felt a spiritual moment.

We basically trust what is important to us. These soldiers in combat realized that life was the most important thing at that moment and that is what they trusted. It was the Wisdom of the Body in action, literally. They became super-conscious.

But we do not need to be in combat to have the Wisdom of our Body show us what is important. That is something you can do any day of your life.

The problem is, most of us unconsciously program ourselves away from that super-conscious state by piling on superficial concerns. Does knowing the latest Hollywood gossip, where to get the best deal, or who is going to win the baseball

championship make any difference to whether you live or die? Of course not! But how many people do you know who seem to be able to think of nothing else? When the issues in your mind become more important than your life and deepest wisdom, it is hard to connect to the Wisdom of the Body and really trust yourself.

Like the combat veterans, we can all attain a super-conscious moment when we break out of the limitations of our mind and are forced to trust ourselves, truly and completely. When life and our deepest wisdom are more important than the creations of our mind, we truly trust ourselves to deal with any challenge.

Creating Self-Trust Technique

Step 1: List four things you think about often. Take ten deep breaths, relax and allow them to bubble up naturally. For this exercise, two of these things should be related to your major challenge; for instance, things you think about when you consider the struggle you are in. The other two issues should be areas that are important to you in a more general sense. Relax and record them:

1 _____ 2 _____

3 _____ 4 _____

Step 2: Write these four things in the boxes below, one per box.

Step 3: Now think of how important each of these things is to you and rate it on a scale of 1 to 10, with 10 being most important. Circle the number you chose. For example, if your first thought was “family” and you rated it “10”, you would have “family” in the yellow box and a circle around the 10.

Now that you have listed the thoughts that occupy your mind, I want you to forget them.

The Zero Point

That is a little simplistic, but that is essentially what you will be doing as you practice the next exercise. The thoughts we identify with – family, religion, past

conditioning, whatever – are just symbols. I will show you how to get beyond those thoughts and into a place – the Zero Point – that is more powerful, more essential than even the most important issues you have weighing on your mind.

There are other words for the feeling you get when you are at the Zero Point; “in the zone,” “in the moment,” “at one with the world” or even “at one with God.” The Zero Point is where the combat soldiers were when they were acting on instinct. Other people get the same feeling while sky diving or racing fast cars. Artists and musicians say that they are there when they are painting or playing music. It is as if impulse takes over and they lose track of all else. Still others find this sensation when they are making love. It could be as simple as that moment when you hear your favorite song on the radio and cannot resist singing along, when you and the song become one.

Simply put, when you are at the Zero Point, everything around you harmonizes with the Wisdom of your Body and you are in the best place to accomplish your goal.

The Zero Point is not just for moments of extreme stress, fun or passion. It can also be useful in healing, in tender moments and in prayer.

When the thoughts, worries or concerns in your mind are more important than the Wisdom of your Body, that is where your consciousness will stay. When we move away from the creations of our mind, we begin to depend on a deeper reality – and trust it. That is the Zero Point, where the Wisdom of your Body takes over. Until you reach the Zero Point, you are not truly in the moment. You are still holding onto a mind-created reality. Being at the Zero Point can help accomplish any goal.

How to Reach the Zero Point

Take a look at the graph you filled in earlier in this chapter. It shows you the four things that are the most important to you and where you are going, namely to the Zero Point, where life is more important than the thoughts that occupy your mind.

First, start by focusing on the four things you listed. As you think about them, take a moment to consider each one on the scale of 1 to 10. Make a set time to review these numbers, with the formula "Know where you are and know where you are going." "Where you are" refers to the ratings of importance you gave each of the four points. "Where you are going" refers to the Zero Point.

Once this formula becomes a habit, you will be able to see where you are relative to the Zero Point. This will help you move from trusting the symbols of your mind to trusting the Wisdom of your Body. As you progress toward the Zero Point, you will automatically trust your deepest wisdom, moving away from thoughts that depress you, or at least distract you. Just by observing that number, you will be able to trigger a self-correction process and really trust that inner wisdom.

Some people get to the Zero Point instantly. For example, people threatened with death operate completely on the instinct to preserve life. For others, it may take a while. But it is important to start somewhere.

Jack was a forty-year old who was going nowhere. He had a job with little room for advancement. He was in a relationship that was stagnating and his health was beginning to send him signals of problems. Making matters worse, he left himself at the mercy of his Negative Self. He sought help from several professionals, but he was stuck with his depression.

When I worked with Jack, I wanted to help him to go beyond thinking. At first, he resisted the Self-Trust technique because he thought it was too simple. I did not try to argue that point; I just encouraged him to shift his focus away from thoughts.

In our next meeting, I saw an amazing shift in him. Rather than focusing on his thoughts, he was beginning to be aware of a deeper reality that he found via his Positive Self. I told him that the thoughts of his Negative Self were not going to disappear, but that by communicating to his Positive Self at the Zero Point, he could correct his thoughts.

For most people, it takes a trauma like a life-threatening illness to force them beyond their thoughts, but you can get there in other ways without trauma. You can remove the blocks in your mind and trust your deepest wisdom at the Zero Point.

You can create a habit of this process. Before you go to sleep, remember a time in the recent past when you used poor judgment or did something inappropriate. Study that memory and look at the way you were thinking. Did you really trust yourself? Were you connected to your Negative Self? Were you focused on thoughts in your mind more than your inner wisdom? Where would you have placed the importance of those thoughts on the chart you filled in earlier in this chapter?

Then take a deep breath, trust and see your Positive Self at the Zero Point in that memory. Do this for several nights and you will create a habit that shifts you away from thoughts and toward your deepest wisdom. When that happens...you trust yourself.

Carl Jung, in his book, *Original Blessings*, wrote: *“All the greatest and most important problems of life are fundamentally insoluble. They can never be solved, only*

outgrown. This outgrowing requires a new level of consciousness. Some higher or wider interest appears on the patient's horizon and through the broadening of his outlook, the insoluble problem loses its urgency. It is not solved logically in his own terms, but fades when confronted with a new and stronger life urge."

Life Skills is designed to facilitate this type of growth, so that any trauma or problem can be surmounted through a change in consciousness. The quality of life you find at the Zero Point may make your problems fade away.

When I talk with people about being at the Zero Point, they sometime have a negative reaction. People often say to me, "I treasure my family. Why would I want to stop thinking about them?"

The point is not that you should stop thinking about your family, your job, your pets or anything else that truly matters to you. But you also have to know that any thoughts, even important ones, can limit you when you need to tap your powerful inner resources. Focusing on inner wisdom does not make the thoughts or the objects behind them go away, but accessing the Wisdom of your Body will make it easier to deal with them.

Here is another way to put it: Imagine you are on a trip and you take a photo of everything you pass. One shot here, another shot there and eventually you will run out of film – or memory on your digital camera! Similarly, most of us go through life devoting our attention to things both important and inconsequential and we cannot go to the Zero Point because we have no more attention left to give.

The good news is that you can always shift your focus away from your thoughts and give it back to your deepest inner wisdom. The next concept in this chapter starts you on the path to returning your focus to what really matters. I have seen people realize how precious their lives – and deepest wisdom – really are.

The Easy Breath

Up to this point, when we have discussed breathing, the purpose has been to breathe into your Positive Self; you breathe in order to reach the Wisdom of your Body. In this section, we will talk about a place where the Wisdom of the Body breathes you.

When your Positive Self goes to the Zero Point, there is a switch. I call it the Easy Breath because it is free from all the stress the mind creates. It floats through you without resistance and naturally humbles you. In that incredible act, you realize you are being kept alive by something more than your conscious mind.

To see what I mean, stop breathing and simply trust and the Wisdom of the Body will breathe you. This technique is incredibly simple, incredibly profound and incredibly efficient in connecting you to the Wisdom of the Body. That is why I call it the Easy Breath, simple yet conclusive proof that you are connected to the Wisdom of your Body. Best of all, you can do this at any time and by doing so you manifest inner wisdom.

In my own case, whenever my breath is shallow or choppy, I have come to recognize that it is because I am disconnected from the Wisdom of my Body. At these times, I consciously stop breathing, which activates my Easy Breath and I feel connected

again. After a few Easy Breaths, my awareness is free from any thoughts and I feel tranquil and better able to deal with what is before me.

Breathing the Easy Breath often takes me into what I call “conscious quiet time,” when my deepest wisdom talks to me. Unfinished business bubbles up from deep within and I can deal with it creatively. For instance, when I was writing this book, quiet time would reveal things I needed to talk about.

Often, when I wake up in the morning, important issues become my focus. When I enter conscious quiet time, after I think of those issues, creative approaches naturally emerge.

If you are experiencing a crisis, you can try conscious quiet time and allow the Wisdom of the Body to tell you how to change.

So, how do you get your Positive Self to the Zero Point? By your “I Am” statement. It connects you to your Positive Self and all you have to do is say it and stop breathing. The Wisdom of the Body will breathe the Easy Breath and then you are there.

I encourage you to set aside time to practice the Easy Breath. Meditate on it as long as you can, especially in the morning and before sleep. When the Easy Breath meditation becomes a habit, you will be able to slip into it at any time and experience the Zero Point.

We all have the ability to program our minds so we can directly connect to the Zero Point and it requires nothing more than simply breathing the Easy Breath. In my health challenge, the Easy Breath takes me there when I need it most.

Supportive Techniques for Developing Trust

Have you ever been in a situation in which you thought your life could be in danger? Maybe you were on an airplane that took a sudden dip, or you were in a car accident. Did you think about your next action? Chances are you just acted on instinct. Fear can be a powerful tool to make us focus. Passion can have the same effect; you can also operate on instinct when you are tender with your lover. Now we want that deeper instinct to take an active role in your challenge.

This instinct comes from your deepest inner wisdom and it allows you to open your heart and stay in the moment. These next techniques are designed to help you develop trust and further the wisdom of your Positive Self at the Zero Point.

Technique #1: The Zero Point and Dreamwork

We have been doing Dreamwork for a while now, but Dreamwork can be even more effective when you are at the Zero Point. At this depth, you can do positive inner work.

When you enter the Zero Point, you have the ability to literally recondition your mind. You are connected to your subconscious mind and your thoughts can create programs that influence your life. For example, if you have an important event tomorrow, you can go to the Zero Point before you go to sleep and imagine accomplishing your goal with your Positive Self at the Zero Point. This Dreamwork has the ability to program that

image into your subconscious mind so your attitude toward your challenge reflects the very best of you accomplishing your goal.

In the next technique, you will learn how self-trust influences how your mind affects your body.

Technique #2: Reconditioning The Past

Do you have a pain in the neck? Or maybe it is in your back or your stomach. At the root of every tension in your body, you will find something you buried there, a problem you have yet to resolve. Approaching any struggle from your Positive Self at the Zero Point begins the process of a healthy way to be sick. There may not be an instant cure, but that health challenge is consciously being dealt with.

When you are cleaning the floor, what is the one section you cannot mop? The one covered by your feet, of course. And just as you cannot mop the section of floor you are standing on, you cannot change those problems you identify with. But, just in the same way as you move around a room when you mop, by putting some distance between you and your problems, you will be able to change them.

Put another way, my sailing friends have a saying: “If you don’t like the direction of the wind, adjust your sails.”

What if someone made you really angry, but you could never express it? Maybe it was a parent or a boss and you did not feel it was your place. Where did that anger go? You buried it in your body.

That buried emotion may cause you to feel tension every time you interact with that person. Looking a little deeper, you will probably find that you buried similar emotions from similar situations in the same place.

This is a prime example of past conditioning, but like all past conditioning, you can change it if it does not serve you. This next technique helps you to do that.

Reconditioning Your Past Technique

Step 1: Close your eyes and take ten deep breaths to relax. Then breathe into your Positive Self.

Step 2: Note where you feel tension in your body. It should feel like something that does not belong. It should feel uncomfortable, even if you have grown used to having it there. When you recognize the location, close your eyes, focus on the location and then ask your Positive Self to show you where you learned that tension. The source of that tension may go as far back as childhood.

Step 3: Now relax and let images bubble up of the possible origin of that tension. Accept the first one that emerges and let us work with it. This is your Positive Self talking to you.

Step 4: Now imagine reliving the same memory, only this time, imagine that your Positive Self at the Zero Point is there. You cannot change the facts, but you can change the “you” that experiences those facts, even years or decades later. Imagine your Positive Self with its wisdom dealing with that conflict. Chances are you will feel different.

Step 5: Now capture that positive experience in a word or a phrase and write it on a piece of paper. This will become a trigger you can use later.

Step 6: Place the piece of paper by your bed and, when you lie down to sleep, remember other times when you felt the same sort of stress or tension as in Step 3. Then say your trigger to change that memory. Saying it during this time will plant that trigger deep into your subconscious mind. When you notice that tension, you can say the trigger and the Wisdom of your Body will respond without thinking about it.

Step 7: Do the same thing in the morning upon awakening. If you do this for ten days, you will create a habit and will be able to change old programs.

Don was a 50-year-old man with a history of ulcers. We tried this technique and when we went back into his past, he remembered a time when his father yelled at him for making a mistake. Don realized that he buried the anxiety of that moment in his stomach. That memory created a program in his mind, so that similar stresses activated that program and ultimately activated the ulcers. At work, Don encountered a lot of stress, which only made the ulcers worse.

This technique did not cure his ulcers – he needed medical help for that – but it did help him not to re-create the conditions that activated the ulcers time after time.

In a group I counseled at the Veteran's Administration Hospital, the 50- and 60-year-old vets were young adults when they were in combat. Yet decades later, they still lived with horrible memories of war from the perspective of the same young, panicked soldiers who first experienced them.

One of these vets, Tom, carried tension in his neck, which he said was related to his combat experience. Tom had grown so used to that tension that he thought it was a part of him forever, but he was able to recondition his mind and release that tension.

After he mastered this technique, he was able to avert tension whenever he felt it coming on. These examples show that you have the power to control even your past experiences.

Technique #3: The Practical Harmonizing Process

The brain researcher, Paul McClean, shows us that the brain contains three main parts. Dr. McClean calls the first part the “reptilian” brain. It controls bodily functions and is concerned with survival. The second part is called the “mammalian” brain, our emotional center. The third part, the “new” brain, is found only in highly evolved mammals. It is this part we are going to focus on.

The new brain has two hemispheres, the left hemisphere (which stores our thinking and speaking abilities) and the right hemisphere (home of our creative and spatial awareness, as well as our connection to the mammalian and reptilian brains).

In a way, the brain is like a nuclear family from a classic television show. The left hemisphere is like the father and the right hemisphere is like the mother. In fact, some people call the left brain the masculine side for its logical nature, while they call the right brain the feminine side for its more nurturing, emotional nature. Think about how those TV families functioned; members performed different duties, but they worked together as one unit. So it can be with our brain, too.

Many of us have one dominant hemisphere and we tend to ignore the other. For example, people who are left-brain-dominant tend to concentrate on thinking, but ignore the feeling, creative potential of the right brain. In fact, we all use both hemispheres of our brain, even if we do not know it. This next technique will develop your sensitivity to your brain and its different capabilities.

The Practical Harmonizing Process Technique

In this process, we will isolate parts of both hemispheres and then reintegrate them. We will do this by creating two characters to help you take stock of the different parts of your brain.

Step 1: Think of a problem you are struggling with and write it down. You may be dealing with several problems, but for now concentrate on just one. You can always come back and address others later.

Step 2: Now describe this problem in two ways:

- 1) What triggers you to start thinking of this problem?
- 2) How does it make you feel?

Capture these thoughts in two words or phrases and list them.

1 _____ 2 _____

Step 3: Now give a creative nickname to this problem and write it down.

Simply by calling a person by his name, you can get closer to him, so now you can get closer to this “problem character” you have just created.

Step 4: Think of a person who represents the ideal nurturing right hemisphere to you, someone that is very kind and loving. If you do not know such a person, imagine one.

Describe two qualities you see in this person and list them:

1) _____ 2 _____

Step 5: Give a creative nickname to your right hemisphere character and record it.

In the future, saying this nickname will connect you to these ideal right hemisphere qualities within yourself. You may think these qualities are not yours, but if they exist in your brain, they are yours to use.

Step 6: Imagine your right hemisphere character showing kindness to your problem character. Capture this inner kindness in a word or a phrase and record it.

Saying this trigger, you will experience the power of inner kindness.

Step 7: To further develop this technique, we will use these characters to condition your subconscious mind. Imagine your problem character and your ideal character talking to each other. The problem character shares everything with the ideal character and then the ideal character responds and they embrace.

Step 8: Now speak the word or phrase you previously created for inner kindness. It will become a trigger for you to envision the powerful kindness of your own wisdom. When you do, you will find that the love and kindness in your heart are more powerful than your thoughts of that problem.

We specifically looked at only one problem in this exercise, but this same technique can be applied over and over to many different problems. Just think of the

problem and have your problem character write a letter to your ideal character. This is similar to what we talked about in Journal Writing when we first talked about the Positive Self, except for the characters you created. The wisdom of your Positive Self comes through your Ideal Character, so it has a rich, nurturing value. The more that you develop this connection, the easier it will be to find inner kindness when you need it.

Here is an example of a person who benefited from this technique:

A Vietnam vet said: Here are two times I used this process and really benefited from it. I wasn't thinking right when I got the letters from the Agent Orange Payment Board, I was very angry. Then I used the trigger from your process "Harmony" and I triggered harmony and controlled my anger. From that harmony I was able to deal with what I had to do. I then was dealing with my case worker and was having a hard time. She lacked the sensitivity needed to deal with a PTSD patient. She was feeling pressure and had to work within a deadline, it felt as though she was thinking out of a book, and it felt as though she shared her pressure with me. When I felt anger coming on I used your technique, I said "harmony", my trigger, and the harmony I got from this meeting was the harmony I felt within myself."

This process, like many of the Life Skills techniques, helps you to deal with your problems with the qualities you already have within you. You may know how to solve your problems by going to the resources available outside of yourself, but for you to use the Wisdom of your Body with that resource, you have to harmonize your brain.

Supportive Techniques for Learning Self-Trust

- * **The Zero-Point and Dreamwork:** This technique will teach you a simple way of conditioning your mind to trust yourself.

- * **Reconditioning the Past:** Often, when we do not trust ourselves, we create disharmony in our body. This technique teaches how you can recondition your mind so that limiting memories do not affect you. Without even realizing it, many of us have buried within us information, situations or emotions from a long time ago, which continue to cause us tension even today. Reconditioning the past helps you to locate that tension, find its origin and finally help eliminate it by connecting it with inner wisdom.

- * **Practical Harmonizing Process:** There are two sides to our brains: sometimes they are called left and right, analytical and artistic, thinking and feeling, or rational and nurturing. Through the Practical Harmonizing Process, you will learn to access both sides, so that you can use your whole brain to its fullest capacity.

- * **The Easy Breath:** When you have real self-trust, the Wisdom of your Body breathes you. I call this the Easy Breath, since it is effortless and free from mental influences. This was introduced in Part One. When you make the Easy Breath a habit, you will be able to connect directly to the Wisdom of your Body without the attachments that protect you.

Review

This has been a significant chapter in developing The Life Skills Approach. We learned a simple habit that takes the focus from our mind-made reality and returns it to life and our deepest inner wisdom.

We learned that many of us have come to trust our thoughts instead of our deepest wisdom. Also in this chapter, we learned supportive techniques that strengthened our ability to live at the Zero Point. Life Skills does not give you something new: It simply helps you to reclaim the power you already have.

To program your subconscious mind, see your Positive Self at the Zero Point breathing the Easy Breath in a meditation for at least three minutes. Do this before you go to sleep and upon awakening. Practice the supportive techniques during this time, also.

Questions: Do you need a tragedy in your life to develop the best part of you? Can you take this chapter as an opportunity to be motivated to evolve?

Chapter Sixteen: Giving Life to Powerful Inner Resources

“As you begin to pay close attention to the sensations of the breath as it moves through the whole of yourself, you are called to move inward, toward the source, the wellspring, of your life. As you do so, you will experience a profound sense of stillness, of silence, underlying not only your breath but also your thoughts, feelings, and sensations.”

Dennis Lewis, Author

This Breathing into Silence technique is the same as that which was developed in Part One, but here we will primarily focus on using it as a tool to manifest from your deepest inner wisdom. When negative thoughts, self-doubts and fears exist, it can be difficult to express your deepest wisdom. This technique will give you an instant way to go beyond thinking that blocks you.

Just as you cannot mop the part of the floor you are standing on, neither can you change what you identify with. I learned this intimately while learning to walk again. MS made my leg muscles so weak and my balance so poor that I had to walk with crutches. In addition, my vision had deteriorated to the point that I could see clearly only about two feet ahead of my steps, so I thought I had to lean over just to see well enough to walk. As a result, I developed very poor posture and, with that, many aches and pains.

This way of walking became a part of me. Instead of trying to break through the habits that gave me aches and pains, I came to trust in them because they were what I knew. In other words, I breathed into these bad habits and, in so doing, I gave them life.

Using the technique Breathing Into Silence helped free me from these old habits I had developed and connected me with the Wisdom of my Body. Once I stopped breathing into the old habits, I was able to change them.

Instead of staring down at my feet while I walked, I began to face forward and my walk changed. It may seem like a small adjustment, but I stood straighter, my walk became more graceful and the aches and pains started to fade away. When I found myself slipping back into my old habits, I Breathed into Silence and my new, rejuvenated walk came back. I realized that looking down at my feet had been due to my insecurity. I was still legally blind, but standing straight helped me walk better.

It was not just walking that caused me problems; my thought patterns did too. My old ways of thinking left me stuck in a rut, but Breathing into Silence got me out of that rut. Whenever I felt negative thinking coming on, I could Breathe into Silence. The facts of the situation did not change, but this technique allowed me to see it from a whole new perspective.

In this chapter, you will learn this vital part of The Life Skills Approach; using your breath to explore the Zero Point, free from thinking and past conditioning. This technique lifts you up from the floor you are standing on and allows you to mop everything clean.

How to Breathe into Silence

This is a very simple technique, but it can make dramatic changes in your life. Here is a quick demonstration of the idea behind Breathing into Silence. Hold your arms out in front of you. Use your left arm to represent your thoughts and your right arm to represent your breath. Reverse these positions (and the instructions) if you are left-handed. Your dominant hand should represent your breath.

Now move your right hand toward your left arm and as they meet, grab the left arm with the right hand. This is like breathing into your thoughts. Your breath, the vehicle of your awareness, gets stuck there, so breathing at that point gives life to your thoughts.

Now try it again, except this time, allow your right hand to pass over your left. This is like allowing your breath to pass over your thoughts and past conditioning and enter Silence.

Now Breathe into Silence. Do not be concerned about what Silence is: There are no thoughts there. Just allow yourself to let go of your thoughts and enter the reality beyond thinking. All you need is faith that beyond your thinking mind is the Wisdom of your Body. Your in-breath has the power to activate your inner wisdom and your out-breath carries the tone of what you breathe into.

These three diagrams that explain this dynamic: The first one represents the way most of us breathe. We breathe into our thoughts.

The next diagram shows Breathing into Silence.

When you Breathe into Silence, your breath does not stop at the thinking level. Instead, it frees you from your own mental limitations and can create inner peace. This is how you can consciously ignore thoughts in your mind...Breathe into Silence and do not give them life.

When I find myself confronting difficult situations, I can trigger this evolved perspective with a simple breath. Then, with my out-breath, my expression comes from that depth. Here is a diagram of an out-breath expressing The Wisdom of the Body. Most of the time, when we breathe into our thoughts and past conditioning, that is what we express.

Once, I fell down in the middle of a seminar I was giving. Imagine the humiliation. Instead of becoming embarrassed over what happened, I Breathed into Silence and expressed myself from the Wisdom of my Body. I was able to continue the seminar without embarrassment. In fact, my fall became a perfect example for the class of the usefulness of Breathing into Silence.

Embarrassment comes from ego, while the Wisdom of my Body expressed my heart and inner wisdom. Through nothing more than a simple breath, I was able to go beyond my thoughts and connect to the Wisdom of my Body and express from that depth. In that silence, there is a comfort that brings inner peace.

As you face your challenges, that inner peace is invaluable. You do not want the thoughts in your mind to inhibit your immune system or limit your expressions. In each breath, you want to heal at your full potential.

In this next section, you will create a conscious inner environment whenever you trigger limiting thoughts. The limiting thoughts we create are not intentional; they are products of past conditioning. When they occur, instead of having ego's anxious reaction, you can have them trigger a conscious healing environment.

Thoughts to Avoid in a Crisis

Our thinking mind is the creator of our greatest habits. Because we focus on thinking most of the time, thoughts become triggers for our habitual behaviors. A simple

idea gets associated with a habit and when you think that thought in a specific context, a behavior begins without conscious choice.

Caller ID on the telephone often does that to me. When the phone rings and I hear my mother's name on the phone, my heart opens up and I answer that call without thinking about it. If I heard the name of a person I did not want to talk to, another habit would be triggered and the way I answered that call would be very different. Constantly during the day different habits are triggered and for most people they have habitual responses.

There are times when we have free choice, but for that choice to really be free, we have to be conscious and not ruled by our conditioned habits.

For most people, focusing on thinking makes them vulnerable to their past conditioning. When we are in a crisis, we need to be especially conscious of our immediate responses. Instead of past conditioning responding to our struggle, we want the Wisdom of the Body to respond. Instead of the instant responses that come from our conditioned ego, we can condition those thoughts to trigger a direct connection to our deepest inner wisdom.

Follow this next technique and you will identify thoughts you need to avoid. The simple act of Breathing into Silence takes your awareness from thoughts and delivers you to the Wisdom of the Body so that your expressions come from a deeper wisdom.

Instead of getting trapped by negative conditioning, those thoughts will trigger a connection to the best part of you. When you are in a crisis, you cannot afford the mental detour that creates stress and shuts down the Wisdom of your Body. You need to deal

with every situation with inner wisdom for your most conscious response, instead of your mind inhibiting you. Answer the following questions with candid responses and you will identify the thoughts you need to avoid.

Identifying Thoughts to Avoid Technique

Think of your Negative Self. What is the most stressful experience you can remember and record what triggers that stressful response using two words?

1 _____ 2 _____

Now try to capture that trigger in a word or a phrase and record it here.

When you recognize that trigger, immediately Breathe into Silence instead of breathing into the trigger. Instead of giving life to that habitual response, you breathe life into a deeper inner wisdom. If that stress was a result of self-judgment or other people's reaction to you, Breathing into Silence frees you.

Breathing into Silence is designed to go beyond past conditioning and connect you to the Wisdom of your Body, giving you instant freedom and empowering you. If you ever have a thought or memory that bothers you, Breathing into Silence is simply turning your focus to a greater reality than your own troubled thoughts.

Introducing EZ, the Evolved You

Just as we have given names to other characters throughout this book, we are going to give a name to the most evolved version of you, the Positive Self at the Zero Point, Breathing into Silence. We will call this character “EZ.” It captures everything you have learned in this book so far. This is how you can connect to EZ. EZ’s breath is The Easy Breath and you experience it when the Wisdom of the Body breathes you. You can connect to EZ simply by breathing The Easy Breath. The Easy Breath was introduced to you in the last chapter.

Here are four ways that Breathing into Silence empowers you:

1. Freeing you from past conditioning: You may be the kind of person who easily gets mad with the people you are open to. This is a behavior that you have been conditioned to have. Breathing into Silence can free you from that conditioning and transport you into a calm state of mind.
2. Health issues: Think of what happens when you are upset or angry. Do you take deep breaths? No. They are short, quick breaths. Breathing into worries or fears automatically cuts your breath short. The problem is that short, quick breaths can inhibit your immune system. Think of it: Whenever you see someone experiencing medical trauma in a movie, what is the first thing the medical professional says? “Breathe deep.”
 - a. From personal experience, I have realized that my breathing was its shallowest when I was disconnected from the Wisdom of my Body. When

I Breathed into Silence, my breath activated the Wisdom of my Body and the treatments were that much more effective.

- b. I remember counseling a couple where the wife had cancer. I suggested that they Breathe into Silence together. Simply sharing the beauty of Silence with her husband gave the wife a stronger connection to Silence and made both of them strong partners in all aspects of her healing.
3. Finding love within yourself: “The true ground of medicine is love.” –Paracelsus. Love is amplified when it is shared, but it still exists within you, even if you have nobody to share it with. Breathing into Silence connects you to a loving presence within. If you find a creative way to express the love EZ knows, as through poetry or a hobby, that can serve as a shortcut to connecting to that love.
 4. Living in the moment: “The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.” Buddha
 - a. When you think of the past and the future, they really are the creations of your mind in the moment. When you Breathe into Silence and go beyond your thinking mind, you are in the moment.

Silence: the Spiritual Source of Life Skills

When most people get up in the morning, what is the first thing they do? They listen to the radio (maybe the radio is in their alarm clock) or they turn on the television

to watch the news. Or, maybe the first thought in their minds is what they have to do at work or how to manage the kids or their parents or the dog.

I call this “mental noise,” even if it does not make a sound, because it is a distraction from the Wisdom of the Body. Silence allows us to escape that noise. It exists beyond thought, beyond philosophy, beyond religion. We have to go beyond ourselves to experience it.

Remember telephones in the days before there was call waiting? When you were talking on the phone, nobody else could phone in: They would get a busy signal. When your mind is focused on your thoughts, it is as if you are talking on that phone and nobody can call in. But Silence makes you more receptive. Better yet, it gets you off the phone completely so that you are able to receive those incoming “calls.” The lesson from this is obvious: The more you concentrate on the thoughts of your mind, the less receptive you can be to other influences, including the Wisdom of your Body. So do not keep the lines busy with too much thinking – enter Silence and receive.

“Your body has been trying to tell you something, but you haven't been listening.”

Norman Cousins, Author

Going beyond a thought is like breaking a brick in karate. If you focus on the brick and hit it, it hurts. You have to focus beyond it and connect to the Wisdom of your Body in Silence. This takes faith, because there is no way your mind supports you. The

only way you can connect is through a feeling of being free from your mind and Breathing into Silence. The trust technique frees you from your mind and Breathing into Silence takes your awareness to the Wisdom of your Body. Accept your situation and deal with it from that depth.

In my case, after my diagnosis I focused on my illness and my handicaps and it caused me sadness. But I learned to create a shelter of Silence where frustrating thoughts could not touch me. When I Breathe into Silence, not only can I ignore those thoughts, I am rewarded with a pure spiritual experience.

To really know Silence, you have to experience it. You can hear others speak about Silence or read about it from mystic writers, but until you navigate into Silence by yourself, you will not know it from your Inner Wisdom. This next exercise can help you do just that.

Sacrifice

“The sacrifice which causes sorrow to the doer of the sacrifice is no sacrifice. Real sacrifice lightens the mind of the doer and gives him a sense of peace and joy.”

Mahatma Gandhi

Sacrifice is a supportive technique for Breathing into Silence. It shifts your focus away from – really encouraging you to give up – your mind-made reality and empower your Positive Self and the Wisdom of the Body. Sacrifice is a simple way of removing mental blocks that limit your receptivity to inner wisdom. When you sacrifice old,

limiting self-images, you will clean up your inner environment, making your thinking more efficient and leaving you better able to receive without projecting what you think.

We subconsciously create self-images that block us from discovering our potential. We breathe into those images, giving them life and leaving us with shallow breathing that prevents us from activating the Wisdom of the Body. By breathing into a self-image, we identify with it and, by doing so, we can create a character that limits us.

All of us have these sorts of useless characters in our minds. Sacrifice will allow you to remove these characters that block you from Breathing into Silence.

Sacrifice Technique

Step 1: Most people have many blocks in their lives, but here I want you to identify just four of them. Then, I want you to create character names for them. Take special note of characters that make you feel inadequate, characters that sabotage important things you do and characters that doubt you. Put extra energy into naming them, since giving them a name is the basis for removing them. Be creative and really capture those characters' faults. It is OK if you have fun with this exercise, for your exaggerations just magnify what is really there. Now record four characters that block you.

1 _____ 2 _____
3 _____ 4 _____

Step 2: Have EZ approach each character and Breathe into Silence. With each breath, as EZ breathes in, life is pulled out of the character. What you are doing is taking

consciousness out of the characters that block you and empowering EZ to become stronger.

Step 3: When you are finished with this process, see whether you still feel those annoying, difficult characters. This technique recognizes that within you is EZ. That is the only part of you deserving of the precious gift of consciousness.

Sacrifice is not just a one-time process. You should be prepared to sacrifice characters whenever they limit you, whether they are blocking you from healing or preventing you from accomplishing everyday goals. Any character you have sacrificed may return to limit you, or you may discover new ones you need to Sacrifice. Identify factors that limit you, create sadness, anxiety or other negative feelings. As soon as they bubble up, connect to EZ, Breathe into Silence and use EZ.

Our minds create stories around what is happening to us and we come to trust in those stories. The story is like a spider web. If we do not remove ourselves from these webs, they will continue to limit us. Sacrifice frees you from those webs.

Summary

Breathing into Silence, simply put, frees you from limitations of your mind and connects you to the Wisdom of the Body. To program this technique into your subconscious mind, let go of your thoughts and have your breath enter the reality beyond thinking. Practice this for three minutes before sleep and upon waking.

To access EZ, imagine your Positive Self at the Zero Point, Breathing into Silence. This is EZ. Stop, relax and breathe the Easy Breath. Any time you need to connect to EZ, just breathe the Easy Breath.

Questions: Can you imagine a life where your breath did not give life to anything that limits you? If you can, why do you not sacrifice that limiting character?

Chapter Seventeen: The Bio-computer

“A computer terminal is not some clunky television with a typewriter in front of it. It is an interface where the mind and body can connect with the universe and move it about.”

Douglas Adams, British writer

Just think, if that computer was the bio-computer or your brain. Presently, your Bio-Computer is programmed to respond to your ego. In the final technique, you will learn how to reprogram your Bio-Computer to respond to EZ as your program.

The Bio-computer is the most sophisticated computer ever invented. It is designed to monitor every function of the body, remember the past and plan for the future. You have a Bio-computer, too and though you have been using it for years, you have barely scratched the surface of its capabilities. The Bio-computer, of course, is your brain.

Using your brain as a Bio-computer requires the powers of EZ. Once EZ becomes a habit, it becomes second-nature. You can tie your shoes without thinking about it; using the Bio-computer can be that simple. When you see your brain as a Bio-computer, reconditioning the mind is a simple way to reprogram it.

Using Your Brain as a Bio-computer

This is how the Bio-computer works: As you become aware of everything around you, everything you are feeling or sensing becomes input to your Bio-computer. Your Bio-computer runs on its own software, which is formed by your past conditioning. The data you enter gets processed by that software.

Here is the problem, though: Many people have lived their entire lives without ever changing the software; or maybe there is an upgrade available and they never take advantage of it. Imagine if you tried that with your PC. Never updating the software means that the computer may continue to operate with bugs or problems. Eventually, it may slow down or even stop working altogether.

So it is with people. If they never change the software in their Bio-computers, they are living with dysfunction for their entire lives.

How many times have you seen this happen? A person says something to another person. They both think they understand, but in reality, the listener gets a completely different message from what the speaker intended. That is an example of using the Bio-computer unconsciously. Data went into one person's Bio-computer and the other understood in the context of his or her own software. Miscommunication happens when people converse through past conditioning instead of consciously being in the moment. Unfortunately, this is how most people communicate.

Three Components of the Bio-computer

Input

For the Bio-computer to work most effectively, the input has to be accurate. In other words, you have to see things exactly as they are, uncluttered by thoughts and assumptions. That way, you will see them without judgment, commentary or preconceived notions.

In my seminars, I ask participants to close their eyes and listen to the sounds around them. Then, I ask them to share what they heard. The responses are always something like “the air conditioner,” “they guy next to me breathing” and “footsteps from down the hallway.”

Those may have been the sources of the sounds, but the sound itself was not “the air conditioner.” That is an example of interpreting sounds through the filter of past conditioning. The actual sound was more like “whirrrrr.”

I ask them to listen again, but this time to pay attention to the sounds themselves. After a short time, they usually say something like “I feel much more tuned in to what was actually happening” or “The noise in my mind was quiet and I could really hear.” When we guide our minds toward experiencing instead of thinking, we become more aware and tuned-in. That is the first step toward using the Bio-computer.

Software

Most people process incoming data through their own software, their past conditioning. I propose a different approach. In this book you have learned habits that connect you to the

Wisdom of the Body. If you let EZ be the program in your computer, it will be much more effective. That is the purpose of this chapter. Making EZ the program of your Bio-computer allows you to interpret all your input from that incredible state of mind.

It is easy to have EZ as your program. When you practice using your Bio-computer, note the input entering your mind, say “EZ” and breathe the Easy Breath. Practice this at any time and make sure you do it with Dreamwork.

Trust

When you have self-trust, the Bio-computer automatically works. Input enters your Bio-computer and through the EZ software you respond from the Wisdom of your Body. Real self-trust allows the Wisdom of the Body to operate without mental interference.

Using the Bio-computer in your Everyday Life

Think of a bad habit you have. Many people have a problem with overeating, so we will use that as an example. Some people eat because they are lonely, others because they are bored, others because they feel inadequate.

The next time you have the urge to act on your special habit – say you feel lonely and want some chocolate ice cream – this is the time to input the data into your Bio-computer.

See the input enter your Bio-computer and connect to EZ. Then stop breathing and allow the Easy Breath to take over. The Wisdom of the Body will breathe you and you find that you make the changes you need to. The Bio-computer processes

information instantly, coming up with creative solutions that you may never have thought of before. It is like establishing a direct communication with the Wisdom of your Body.

After reading this example, I decided to have some chocolate ice cream, just because I wanted some. I share that because it is easy to do what you think is the right action, but you ignore the simple beauty of enjoying yourself.

To strengthen your Bio-computer, apply this same technique to other times when you used your brain according to your old routines. Envision that same situation, but take an Easy Breath and see if it does not correct the problem. You can also use Dreamwork to program these thoughts deep into your sub-conscious mind.

My favorite example of the Bio-computer is how I taught myself to walk again in the first few years of MS. On days when I faced difficulty walking, at night before sleep I focused on EZ and then noted the difficulties I had experienced that day. I envisioned my speed, my balance and the pains walking created. That input entered the Bio-computer and the Wisdom of my Body responded to that input. The next day as I would walk, the output represented the Wisdom of my Body.

After dealing with MS since 1981 and teaching myself to walk three times, I needed a wheelchair in 2007 and needed to consciously condition my mind to use it wisely. Our struggle may change as life goes on, but the Wisdom of the Body always deals with change consciously.

Bio-computer Example

Now, let us look at how a man I worked with used his Bio-computer. Bob, an AIDS patient, faced every challenge with pessimism. He had been conditioned to believe that he deserved to suffer and his family did not help; their support always came with judgment. He reprogrammed his Bio-computer so that the opinions of others did not affect the way he related to AIDS and his attitude changed completely. This change was an immediate response for him, and it allowed him to realize a standard he could strive for over time.

Before you read any further, take a moment to digest this. Consider your own behaviors and see whether any of your responses emerge from software that was unconsciously programmed. Reprogram your Bio-computer as necessary.

The Bio-computer and your Health

If you are like most people, the attitudes of the people around you when you were a child form the attitudes you have today. That is true with attitudes toward your health, as well. Reprogramming your Bio-computer lets you control how you relate to health issues.

To use your own Bio-computer to tackle health issues, you have to first input the data. Scan your body. Focus on any discomfort and, as your input enters your Bio-computer, breathe the Easy Breath and EZ or the Wisdom of the Body will respond.

Many people find that the Wisdom of their Body sends them messages to stop certain behaviors and change others. It might tell you to exercise, eat right or seek out certain health professionals or treatments. The Bio-computer connects you to that wisdom to guide you through any health challenge: You just need the right software.

The Bio-computer is no substitute for professional help, but you may find that you are better able to respond to that help. Once you have settled on a therapist, treatment or medication, your Bio-computer will make you an effective partner. The Wisdom of the Body can enhance the work of even the best professionals and the best treatments. When you listen carefully to what your body is telling you, you can help it to heal.

Review

The Bio-computer is the total package of The Life Skills Approach. If you have developed the habits this book presented, your brain is an effective Bio-computer. Without having to think about it, your awareness is the input to the Bio-computer and EZ breathing the Easy Breath is your program. Then with Self-Trust, every input gets harmonized with EZ and the Easy Breath. This will bring the quality of your life to an incredible standard.

Now this is the beauty of The Life Skills Approach: Everything you have learned in this book is captured in the Easy Breath. So, wherever you are and whatever you are doing, allow the Wisdom of the Body to breathe you. Simply put, breathe the Easy Breath and surrender to a greater reality than the creations of your mind.

Questions: Do you think there is anything easier to do than a simple breath? Do you think there is anything more important to do than developing your brain to operate with EZ as the program?

Chapter Eighteen: The Empowered Approach for Dealing with Challenges

“Mind and body communicate. Do not be afraid to use this inner knowledge in conjunction with what the medical profession can offer you.”

Bernie Siegel, M.D., Author of *Love, Medicine and Miracles*; *Faith, Hope and Healing*

This book has taken you on an inner journey to connect you to the Wisdom of your Body to help create habits of wisdom’s expression. Along the way, you have developed valuable life skills to help you be a more active participant in healing. This participation can be significant in how you work with your doctor, how you respond to medication and the role you play in your treatments. Simply put, it makes you a more effective partner with your medical professionals.

For healing to happen, you have to trust your doctor and trust yourself. When you trust your doctor, you will find yourself receiving treatment in the spirit that something good is going to happen. When you trust the Wisdom of your Body, you will activate powerful inner resources in response to that treatment. Both partners play an equal role in the healing process.

Through each step of this book, you learned to develop specific habits. You learned about the Positive Self, associated with the best moments in your life and strongly rooted in the Wisdom of your Body. The Positive Self can help you deal with

challenges by finding empowering resources within you. This can create a powerful partnership with your doctor and entire medical team. These same qualities are incredibly useful in helping you return to an active life.

We talked about Self-Trust and the Zero Point and learned that Self-Trust goes deeper than thinking. It enables you to trust the Wisdom of your Body. We trust what is important to us and this technique taught us to shift our focus away from the creations of our mind and return it to the Zero Point, where we trust our natural desire to heal. With that trust established, the Wisdom of the Body breathes the Easy Breath and you really trust yourself.

Breathing into Silence conditions your brain to reach for a place beyond your thinking mind. Through Breathing into Silence, each of us can avoid the mental traps that sabotage our lives. We created a character named EZ, representing your Positive Self at the Zero Point, Breathing into Silence.

Finally, we learned about the Bio-computer, which combines all of the habits of this book and uses them so that the Wisdom of your Body can respond to all your challenges. Once your Bio-computer is developed, you will be able to use it in your everyday life without even having to think about it.

In conclusion: Stop breathing and allow the Wisdom of your Body to breathe you. The Easy Breath captures everything you learned in this book...enjoy it.

Thank you for reading this book. Writing it for you has enriched my life.

Resources

Visit <http://lifekillsinc.com> to find additional information about The Life Skills

Approach not included in this book. You will learn:

- How organizations and companies can work with Life Skills Inc.
- New products and services as they become available

Go to <http://ahealthywaytobesick.com>:

- If you would like to be put on the Life Skills e-mail list to receive new articles concerning health and The Wisdom of the Body.
- If you would like to enroll in a Tele-seminar designed to lead you through the main techniques of the book: This will be four telephone calls, once a week, over a one-month period, where we discuss over 25 techniques listed in the book.
- If you would like to make a donation. Life Skills Institute is a 501c (3) non-profit, tax-deductible organization, founded in 1981, to work with chronically ill or disabled patients or people dealing with challenges they cannot control. Life Skills Institute raises funds from foundations, corporations and private donors to provide The Life Skills Approach to these people.
- If your foundation, government agency, corporation or organization would like seminars or books tailored to your specific needs, we are happy to work with you.

For inspiration, go to the following supportive Blog: <http://lifekillsapproach.com>

I invite you to become my friend on FaceBook. Go to <http://FaceBook.com/MarcLerner>

Join me on Twitter. Go to <http://twitter.com/MarcLerner>

Links for E-zine Articles

I also invite you to view my articles. Go to: <http://ezinearticles.com/?expert=MarcLerner>

and <http://SelfGrowth.com/MarcLerner> Below is a list of article titles with brief descriptions current as of May, 2010.

[Consciously Mourning For a Loved One Who Recently Died](#) [Home-and-

Family:Death-Dying] This article shows that there is a conscious way of mourning.

Instead of focusing on our habitual way of thinking, which normally connected us to the person, we need to develop a heartfelt connection. When we focus on our thoughts, we trigger habitual ways of thinking. If we could focus on a heartfelt connection, we would still mourn without our old habits frustrating us.

[The Power of a Complete Breath and How it Affects the Quality of Life and How You Manifest](#) [Self-Improvement:Empowerment]

Everyone realizes that every breath has two parts, the in-breath and the out-breath. The purpose of this article is to study those parts in brief points, so that the focus do not land your awareness in thinking, but allows a complete breath to float through you without any interference from your mind.

[Where Are You Coming From - Your Conditioned Thoughts Or Inner Wisdom](#)

[Health-and-Fitness: Mind-Body-Spirit] When I was young and I said something stupid, I was often asked "where are you coming from?" Usually I was coming from a shallow place where I was just focused on thinking. Now that question has a deeper significance, for when I deal with a chronic illness, where I am coming from determines the quality of my life. The events in my life are not so significant, but how I interpret my life is; for that is where I am coming from.

[Can Changing Your Mind Really Affect Your Health?](#) [Health-and-

Fitness:Healing-Arts] In a free society, the freedom of choice is what defines who we are...or is that just a belief? For many people, that freedom means just the ability to follow the way they have been conditioned to live. So, if you follow the habits you were conditioned to identify with, is that really a free choice? When we face a trauma, like a health crisis, we are often forced to go beyond our conditioned habits to meet that challenge.

[The Art of Waiting](#) [Health-and-Fitness:Healing-Arts] Waiting is a skill we often ignore. It may seem to have as little value as nothingness, but in Zen, nothingness is a profound state of being.

[Does Consciousness Evolve Or Do We Evolve to Be Conscious?](#) [Self-

Improvement: Spirituality] I define consciousness as our life force. When you take away all of our distractions and limitations, we become more conscious. It isn't that consciousness evolves, for it is we who evolve to be conscious.

[Is Your Job Causing Depression?](#) [Health-and-Fitness:Depression] When we face difficult times, how we perceive the situation we are in may cause depression. It is not what happens in the world around us, what other people say or the promise of a dismal future, but by our own mind. When we focus on our thoughts, our own brains create our experience.

[A Second Chance - It Begins Within You on the Most Subtle Level](#) [Self-Improvement:Personal-Growth] The idea of facing a challenge and feeling as though you are given a second chance develops because of your perspective. Too often, we look for external situations to be the reason we have a second chance, but what happens within your brain creates the feeling as though you can deal with this challenge again from a better part of you. If that is true; you have the power to create second chances independent of any external change.

[A Spiritual Approach to Complete Breathing - Freedom From Attachments](#) [Self-Improvement:Inspirational] Buddha gave us a spiritual secret when he told us to be free from attachments to find spiritual depth. The simple path to free yourself from attachments is to remove consciousness from the thoughts you are attached to. We become attached to memories, possessions and things by leaving our consciousness in those thoughts. I believe consciousness is the power of life and connects us to the people, places and things we are attached to. People facing a difficult challenge, such as a disability or a chronic illness, often pray to be freed from their struggle.

[Is it Easier to Change the Cause of Your Stress Or Your Interpretation?](#) [Self-Improvement:Stress-Management] Imagine the power you have in the simple act of how

you interpret your reality. The person with an externally directed focus only looks outside for the solutions to his problems. The person with an internally focused awareness tends to look within for the solutions of his problems. Both inner and outer focus have qualities for solutions, but like a conscious breath, the inner and outer harmoniously work together.

[Intellect Or Inner Wisdom - How Do You Respond to Your Challenges?](#) [Self-Improvement:Personal-Growth] What if you had a choice to respond from intellect or inner wisdom? We are never a victim when we accept the natural power of the Wisdom of our Body. When old habits don't serve you, you have the power to change them.

[How Conscious Participation Can Affect Our Everyday Life](#) [Self-Improvement:Personal-Growth] In our country today, we have to be willing to address more than time and effort. To compete globally, we have to take the people we work with, family and friends, to a place they have not completely mastered. Our life has to express more than the accepted way of thinking. It is not enough to just accomplish our goals; we have to express growth opportunities.

[The Patient's Role in Healing is a Free Resource Limited Only by Our Mind](#) [Health-and-Fitness:Healing-Arts] Patients can participate in healing on more levels than thinking. Participating from more than asking questions and focusing on the thinking level ignites the Wisdom of the Body. In fact beyond their thoughts is the Wisdom of their Body, which is the home of powerful inner resources. Patients tap those resources when they fall in love, lose a loved one or have special things happen to them; why can't we tap those resources when we need them to heal?

[How I Deal With My Disabilities Using a Conscious Perspective](#) [Health-and-

Fitness:Disability] The purpose of this article is to help people cope with disabilities. They may be surrounded by loving, quality support, but identify an emptiness they experience because they live in a different reality.

[How Cost Containment in Our Health Program Can Benefit Our Country](#) [News-

and-Society:Pure-Opinion] As our country struggles to reform health care, we have to look beyond the obvious issues concerning health. If we only focus on the deficit and insurance company profit, which are significant concerns, we may miss an important opportunity. We need to focus on the patient and develop their participation so it benefits them after their health crisis is over. If the person who got sick learned to tap inner resources, they could be a significant partner in health care. That could lower health expenses and reduce suffering. Equally important, connecting to inner resources helps them re-enter society better able to make significant contributions.

[How the Medical Profession Either Empowers You Or Makes You a Victim As You Heal](#) [Health-and-Fitness:Healthcare-Systems]

The medical profession today is an amazing resource in healing. I define a victim as the person who only looks outside for the solutions to their problem. If a person gets excellent medical care and they only look outside, they can become a victim. The empowered patient actively participates with the medical professionals as a partner in the healing process. Both the victim and the empowered patient can have a chronic illness and need medical care.

[International Communications Using the Universal Language](#) [Health-and-

Fitness:Mind-Body-Spirit] When people focus on their thinking, they communicate in the

cultural way they were conditioned to live in. Their language, habits and values were taught to them by the people they grew up with and they tend to believe that is the correct way to think. If they were taught to go beyond thinking and connect to a deeper inner wisdom, like music or silence, they would be closer to a universal language.

[What Do You Do When You Don't Have Choices?](#) [Health-and-Fitness:Mind-

Body-Spirit] I don't think there is a situation where you don't have a choice. If all you do is focus on thinking, it may be that you just haven't thought about it yet, so your thoughts don't serve you. When I find myself in that situation, my greatest choice is to focus beyond my thoughts. In this article we explore the option of viewing situations without the option of choice from the Wisdom of the Body.

[Spirituality and Healing - Discovering the Wisdom of the Body](#) [Health-and-

Fitness:Mind-Body-Spirit] In spirituality something greater than your conditioned ego controls your heart. That means your thoughts and past conditioning don't limit the expression of your heart. Just think of the quality of love shared in a spiritual moment. Your love for the people in your life exists without any mental resistance and puts you into a conscious moment. I call this the Wisdom of your Body.

[The Benefit of Recession and How it Forces Us to Grow](#) [Health-and-Fitness:Mind-

Body-Spirit] A recession is an illness our country has and we have to participate in healing it as if we were sick. When dealing with an illness, people have to go beyond their conditioned habits and tap their inner resources to become an active part of the healing process. Our nation, actually the world, is our collective body and we all are but

atoms of that body and we are sick. Use this article to face difficult times and personally grow. When you grow, you can better deal with challenges and contribute to the solution.

[Do We Have a Choice to Ignore Or Deal With Challenges?](#) [Self-

Improvement:Personal-Growth] We basically have two choices when we deal with a challenge and each of them has many options. In this article, we are going to study the choices and see what serves us the best. I want to show you that, how our mind was conditioned determines how we deal with challenges. To change that, we need to consciously re-condition our mind.

[Self-Trust Activates the Wisdom of Your Body and Creates a Healthy Way to Be](#)

[Sick](#) [Health-and-Fitness:Mind-Body-Spirit] True self trust is when you trust the Wisdom of your Body, not the concept of yourself. We trust what is important to us, but, when our focus is limited to thinking, we place most importance on our thoughts and ignore inner wisdom.

[Earth Day - Learning to Take it Home Where Inner and Outer Space Merge](#) [News-

and-Society:Environmental] As we celebrate Earth Day, we have to really look at how we perceive it. When we look at Earth Day and light pollution, we see how limited our perception of the miracle we live in is. Light pollution traps us visually in the earth's atmosphere as we ignore our greater reality.

[Consciously Being Unconscious - Learning to Avoid Limiting Habits in Healing](#)

[Health-and-Fitness:Mind-Body-Spirit] 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.

[Using the Wisdom of the Body in Sick Financial Times](#) [Health-and-Fitness: Mind-Body-Spirit] To deal with a health challenge we need to tap the Wisdom of our Body. That is how we participate in healing utilizing powerful inner resources and how to avoid becoming a victim. In sick financial times we need that same inner wisdom to participate. Victims only look outside for the solution to their problems, empowered people look within and become partners with the experts. That is how we have to face every challenge and be a conscious patient in sick financial times.

[How to Deal With Chronic Pain Without Being Defeated By Your Own Mind](#) [Health-and-Fitness: Pain-Management] I tried pain medication, but the side effects were a sacrifice that sometimes forced me to tolerate the pain. This is where the Wisdom of the Body uses evolution to solve your problem. When your old habitual ways of coping doesn't serve you; inner wisdom explores new approaches.

[Benefits of a Spiritual Moment in Healing and How to Take That Into Your Everyday Life](#) [Health-and-Fitness: Mind-Body-Spirit] Finding quality in the moment is not defined by your health or wealth or by other people. Real quality exists without any external conditions. When you find that quality, it attracts you into the moment where you utilize powerful inner resources to accomplish your goals. Unfortunately we have been conditioned to focus on thinking and we consistently ignore the precious qualities of

spiritual healing. Here are tips on how to develop the life skills needed for consciously living in the moment.

[How to Deal With Challenges You Cannot Control](#) [Self-Improvement:Personal-Growth] We control the world around us all of the time and when we can't, that depresses us. Imagine living in an environment where you were hassled every day. I am not talking about minor hassles, but those that are physically painful and often make you feel less than normal. I am talking about your body during a health crisis.

[Using Your Mind Instead of Your Mind Using You in Difficult Times](#) [Self-Improvement:Mind-Development] During difficult times our mind can either evolve us to a higher level or it defeats us. We have to learn how to preside over our mind or we become victims of how we were conditioned in the past. When you accept the power you naturally have, you will never be a victim to your past conditioning. Learn how the way you use your mind plays a significant role in how you face your challenges.

[How to Deal With the Stress of a Chronic Illness Or a Disability Using Inner Resources](#) [Self-Improvement:Stress-Management] First you need a strong positive self image that accepts the Wisdom of your Body. This self image is on your everyday thinking level but has the ability to go beyond thinking and tap the Wisdom of your Body and powerful inner resources. Your Negative Self is a captive in the mind; for it is impossible for a captive to be free from your mental reality.

[How to Benefit From That Which Challenges You To Personally Grow](#) [Self-Improvement:Personal-Growth] A challenge forces you to go beyond what you are comfortable with, to venture into the unknown. We all have habits that we can easily fall

back on, but we can do that without being conscious in the moment. This article shows you how to set the priority of personal growth, regardless of the seriousness of your challenge.

[President Obama's Call For Responsible Action](#) [News-and-Society:Politics]

Unfortunately in our society we are taught where to find the solutions to our problems outside of ourselves. In so many ways that is an efficient way to meet challenges, but there are situations where external authorities don't have the answers.

[Using the Wisdom of Your Body to Control Stress at Work](#) [Self-

Improvement:Stress-Management] Usually, our connection to that incredible resource is developed through our past conditioning. Seldom were we taught to connect to that inner reality. My illness seemed to force me beyond my past conditioning and I was able to experience the Wisdom of my Body.

[Fear of Death - A Limitation That Can Be Changed](#) [Self-Improvement] I met an

engineer who had benefited from his thinking mind his entire adult life. Now, in his retirement, he was experiencing a chronic fear of death. Beyond our conditioned mind, which we identify with, exists the inner resources needed when we are challenged. Can we go beyond our past to get to them? Since we trust what is important to us, we need to learn to make our life and inner wisdom important as we trust them.

[The Ultimate Challenge - A Journey Into Silence](#) [Health-and-Fitness:Mind-Body-

Spirit] We may think there are many difficult challenges in our life, but our ultimate challenge is to go beyond our own thoughts and accept the wisdom of the body in silence.

That is our ultimate challenge because it is beyond ego's control. When you take that step into silence, you go beyond the limitations created by your ego.

[In the Midst of Chronic Illness There is Reason to Give Thanks - That is When You Find Inner Wisdom](#) [Health-and-Fitness:Mind-Body-Spirit] I love the saying; a light shines brighter in darkness; so in the midst of a chronic illness your light definitely shines. There is one little trick to insure brightness and that requires you to focus beyond your thoughts. When your awareness focuses on thinking, your light dims to concentrate on the idea. If your awareness goes beyond thinking, a deeper light shines through whatever struggle you face.

[How You Personally Benefit From Your Hardest Challenges Using Your Inner Resources](#) [Health-and-Fitness:Mind-Body-Spirit] The way we approach challenges determines how we react to them. We can focus outside of our self and just think of what has to happen, which is what usually happens. Or we can focus within to assure the best part of us deals with that challenge.

[7 Responsibilities in the Art of Healing a Chronic Illness or Disability](#) [Health-and-Fitness:Mind-Body-Spirit] If we deal with a health crisis, there are certain things you have to take responsibility for. When you do, your inner resources become an active partner with your doctor. Victims only look outside for help where empowered patients are actively involved. These techniques are incredibly simple to do and turn into powerful habits that shape the way you relate to your everyday life. You can consciously re-condition your sub-conscious mind and be in control of your life.

[A Challenge to the Chronically Ill and Disabled - Use Your Struggle to Evolve](#)

[Health-and-Fitness: Mind-Body-Spirit] It is so easy to focus on what is wrong with you when you deal with a health challenge because it doesn't feel so good. What if those unpleasant feelings forced you to a depth that takes you far beyond your normal consciousness?

[The Formula For Quality When You Live in a Health Challenge and Desire a Quality](#)

[Life](#) [Health-and-Fitness: Healing-Arts] The first issue in this formula is a complete breath. This breath has to be relaxed and free from stress. It has to travel beyond thinking and connect to the Wisdom of the Body instead of your thoughts. In a complete breath; which takes practice to develop habits of, you develop pure simple consciousness.

[What is Your Center Focus - Your Thoughts Or Consciousness?](#) [Self-

Improvement: Techniques] If we could capture what people focus on we would find thinking to be our main focus. As I grew up I was complimented when people thought that I was always thinking; but as I spiritually mature and seriously deal with a chronic illness; that is not a compliment. Now as an adult I can change years of conditioning and focus deeper than thinking, it is not really that hard but it is essential if you want a quality life, if you need to heal or if you want a spiritual connection.

[How to Transform Your Health Challenge Simply by the Way You Perceive It](#)

[Health-and-Fitness: Mind-Body-Spirit] The easiest thing to change in a health challenge is the way you perceive it. Your perception of what is wrong may be one of your greatest causes of stress. When you perceive your illness, your disability or any health problem

from the Wisdom of your Body; that inner wisdom deals with it. When you perceive your health challenge from an anxious ego; that is the part that deals with it.

[Controlling the Stress of a Health Crisis Simply by the Way We Interpret Things](#)

[Health-and-Fitness:Anxiety] The anxiety and depression we can control is often created by the way we interpret an event. Just thinking about something can create anxiety. You may not be able to control the event or your Bio-chemical reactions; but you can control the way you interpret that event. This article gives you the simplest way to control your interpretations by changing the interpreter. Depression and anxiety have several causes, but if you can control a small part of something that causes you discomfort; you may as well try with the attitude that this is going to work for me and maybe it will.

[Creating Balance - Balancing Our Yin & Yang Energy - Creating Balance The Feminine Revolution In Men](#) [Self-Improvement]

When we think of the feminine revolution we think of women getting empowered to equally manifest with man; but the Feminine Revolution also takes place within men also. As women need to develop the qualities that make them manifest equal to men in this world-men need to develop feminine qualities to make them a whole person. This article studies men developing the yin qualities that balance their yang so they become a whole person also.

[The Power Of Thinking Consciously In A Challenge](#) [Self-

Improvement:Techniques] Conscious thinking is an expression of the Wisdom of your Body, just like breathing. It is our conditioning that limits this natural function, but those limitations can be controlled. When limitations are omitted, our receptivity reveals our greatest teacher...the Wisdom of our Body. Find this power within and you will be able to

deal with any challenge in the highest quality of life. Ignore this challenge & your own mind will limit you.

[7 Tips For Consciously Dealing With A Disability](#) [Business:Top7-or-10-Tips]

These 7 tips capture how you can use your inner resources to help you deal with your disability. Sometimes we use our inner resources to create a negative mind set that deals with being disabled. These tips give you a focused approach to deal with your disability from a conscious, positive perspective.

[The Patient's Role In Healing - The 3 Most Common Mistakes](#) [Health-and-Fitness]

We have been conditioned by society to think in ways that makes us use our brain so we don't support healing. We have been taught to look outside of our self for expert advice without being concerned with what part of us listens to the answers. Asking the right questions is very important, but preparing yourself to receive the answer is just as important. If we ask a question from a weird state of mind we would not be ready to hear a conscious answer. That is true in how we participate in healing and receive the doctor's treatments; the Wisdom of our Body has to be actively involved.

[7 Tips For Connecting To The Wisdom Of Your Body And Become An Active Participant In Your Health](#) [Self-Improvement:Techniques]

Learn how to practically go beyond anxious thinking and relate to your struggle from the Wisdom of your Body. Use powerful inner resources to become an active partner with the experts. When inner and outer resources work in harmony, you are never a victim and you get the best results.

[The Goal Of A Person In A Healing Crisis](#) [Health-and-Fitness] Your awareness is a powerful tool, for you give life to wherever it lands. When we are in a health crisis,

what our awareness lands on is significant; for we don't want to activate mental programs that interfere with healing. When inner and outer resources work as partners, the healing process is powerful

[Consciously Dealing With a New Diagnosis](#) [Health-and-Fitness] What do you do when you receive a negative diagnosis from your doctor?

[A Healthy Way to be Sick](#) [Health-and-Fitness:Alternative] Instead of focusing on what's wrong, your illness forces you into a depth where you connect to the wisdom of your body.

[Turning Challenges into Blessings: Three Keys to Healthy Living](#) [Health-and-Fitness] Three aspects of life hold your keys to healthy living. Consciously conditioning your mind helps you maintain quality of life during challenging times.