

Article 105: Wellness-Patterning in Action

You are a spiritual being right now, –a physically mindful spiritual being– you are not evolving, growing, transforming, or transcending into this state of being. Though facing disquieting situations, stressful relationships, or illnesses reveals that you have strayed from the strength, assurance, happiness, and wellbeing you desire, these situations are not trials, lessons, or growth experiences. Should you choose to clearly see and accept that you are creating, living, and maintaining these problems, that alone will lead you to a greater and finer self and life, ...for you have passed through many similar experiences and illnesses in the past ...and you have the strength and wisdom to guide others through their difficulties to the uplifting experiences beyond, ...all of which will awaken you to new abilities, desires, and enriching fulfillment.

You remember what is pleasant and desirable far more easily and completely recall those things that were unhappy, hurtful, or undesirable, ...which is natural and as it should be; ...what is surprising, especially considering the wasted effort involved, is the amount of time and energy and enriching life which you put into retaining and remembering, struggling against, and resenting events, circumstances, and individuals which your judgment alone enlivened and manifested as unpleasant and undesirable.

In what ways might you be arousing yourself to greater and finer relationships and opportunities? Or could it be that you are merely remembering and repeating the past? What uplifting attitudes and emotions are strengthening you? ...and guiding you beyond your present problems and difficulties? What enriching and fulfilling understandings and expressions do you feel you are leading yourself toward? Are you living the wellness-patterning you truly desire?

Does it seem that, at times, your mindful body does have a mind of its own? Well, each cell of your body, being a tiny sentient being, does have a mind of its own, but it follows your consciousness as you direct. For instance, heart cells responding to your emotions are weakened by hatred, ...and excessive stubbornness frequently outpictures as arthritis, ...but, in this, your cells are not acting independent of your mind, they are responding to the lifetone you are creating and living. Though sentient cells have an individual consciousness, their consciousness is given over to you ...and maintained constant and consistent within the ever-changing infinite-patterning you are living. In the same way that the universe's infinite-patterning provides a steady constancy from which each individual may enliven and manifest as he/she desires, you provide an infinite-personal patterning, through your lifetone, from which your cells can steadily and reliably manifest.

Does it seem that you are, essentially, going around in circles in your life and relationships? ...or lack of intimately inspiring relationships and activities? ...with the same or similar injuries, illnesses, problems, and burdens?

Each cell in your body ...and most things in your life, were originally ordained by the lifetone of your previous lives ...and are constantly being reinforced, embodied and controlled by the tone of your life and consciousness today. And though some would insist that a cell's decision in responding to its own internal functions and nature indicates its independent consciousness, this division and growth of your cells is decided by your beliefs, thoughts, attitudes, emotions, words, and actions, ...in that, as you constantly live your self and lifetone, minute changes in body chemistry, temperature, energy, and blood pressure, as examples, are simultaneously registered in and outpictured from appropriate cells and organs and functions. And where cancer cells are shown to multiply *out of control*, they are not, in this, exercising separately action or responding independently to pathogens or environmental conditions, they are simultaneously outpicturing your lifetone or patterning. Cancer cells are not invaders, ...nor are they examples of well-programmed and controlled body-processes gone wrong, ...but, as aspects of you, that are responding to your own lifetone. If your guilt or regret, for example, is concentrated on previous sexual actions, then genital cells and functions will simultaneously outpicture these beliefs, thoughts, attitudes, emotions, words, and behaviors as agitation, ...and later as uncontrollable cancer ...as you continue and strengthen your self and the tone of your life "as usual".

If you are not living the self and life you desire, or if the tone of your life and personal relationships is not as you truly and fully desire, ...shouldn't you reconsider the beliefs, thoughts, attitudes, emotions, words, and actions which vibrate within you and all around you to sound your lifetone? ...which your body cells respond to? Do you understand that you do not have problems and illnesses, you are living them? ...and forcing your cells to live them as well? What are you willing to do to change the tone of your self and life? ...and of your body cells?

Health and wellbeing only occur by your changing and maintaining the patterning and expressions of your lifetone as you truly desire, so your sentient cells have a strong wellness-patterning to enliven and manifest from. No genuine healing, change, or transformation in your body or life will ever be accomplished by dealing with cause, for causes do not exist, ...you must alter your underlying lifetone.

Your lifetone is not the life force, energy, faith, healing power, animating force, spirit, or divine empowerment used by healers to restore balance and harmony to your body, for these “energies” are **not** your underlying patterning, ...and dealing with these forces, or unblocking them, is no more effective than removing or changing little undesirable things in your self and life, for the remaining aspects of your self and life merely adjust to your underlying lifetone “as usual”, ...and little or nothing is really changed or different.

Have you been seeking a “healing” so you can return to life “as usual”? Does that seem wise? Are you willing to truly change the wellness-patterning of your self and life?

Most people, unaware of the power and spirit of the tone of their self and life, or the opportunities offered by this personal-patterning, struggle through life futilely searching for causes, adjusting here ...adjusting there, hoping to unblock balance and harmonize forces and energies, which are always free and harmoniously balanced without ever realizing and deriving the tremendous benefits and immediate strength and expansion offered through the tone of their personal-patterning.

Wellness is self-love!

Most teachings, believing that self-love is selfish, exhort you not to be yourself or direct your life in accordance with self-love, but to surrender yourself –frequently expressed as “your ego-self”– to God ...or to something more important than yourself, such as duty, freedom, awareness, or love of others, ...of course, these same teachings also warn that you cannot love another until you love yourself, ...and other teachings declare that you must “love thy neighbor as thyself”. It seems that your own life of enriching happiness is founded upon your capacity and willingness to love, ...yet love is used in so many different and oryows what that feeling is. How can love of another be so “right” and self-love be selfish or “wrong”? Could this confusion and conflict have anything to do with your conflict between illness and wellbeing?

Carefully read the following paragraph about love (from Article 100) and see if the revealed infinite-patterning can expand your awareness of health and wellbeing.

What is **love**? **Love** enables you to exist. **Love** breathes life into and supports you; **love** nourishes and strengthens you; **love** provides the base for you to grow and expand; and **love** guides your blossoming. **Love** is all there is, expressing in infinite ways to bring about the manifestation and functioning of **love**. **Love** is pure non-duality in essence and non-judging in function; ...and infinite, all encompassing **love** always remains as **love** in all manifestations ...and in all formlessness. **Love** is an awakening to your true nature or purpose, to the truth of all perceptions and sensing, to the

reality of your self and life, and distinguishes the real from the unreal. The **love** within self and all others, and within all things of the universe, should be recognized by everyone, ...but not everyone engages in intimate and perceptive enquiry.

Since **love** is unconditional or it is not **love**, and since all judgments impose conditions, all judgments, in any form, destroy **love**. Awakening others to their **love** or expressing your own **love** is only possible without judgment, ...in fact, absent judgment, only unconditional **love** remains.

You cannot find or give **love**, discover the “right” expressions of **love**, be particularly **loving**, or do something that is in itself **loving**, ...but, without judgments, you are living and enlivening **love** and acceptance. Searching for **love** or satisfying expressions of love is unimportant, what is important is unlocking the door of judgments and opening yourself so **love** can manifest and enliven through you, ...for regardless of what you believe, all judgments jealously guard, conceal, and withhold **love** and acceptance. For instance, acceptance and forgiveness of someone’s actions are clear measures of your own judgment, unacceptance, and unforgiveness, ...for if you had not originally judged these actions as improper or offensive, you would have nothing to accept or forgive. Acceptance and forgiveness clearly reveal your judgments, not your **love**, for **love** is never enlivened or expressed with judgment.

Now, returning to our original example, if you were again meet Jesus, Krishna, Mohammed, Buddha, angels, or personal guides, would they forgive you? Of course not! They would see nothing requiring forgiveness, ...they would never make such judgments, and that alone awakens and enlivens your love and acceptance.

Now, to expand your understanding of wellbeing, and maybe to contrast that with your body and life today, insert health, wellbeing, wellness, a vibrant lifetone, fitness, robustness, liveliness, or wellness-patterning in the paragraphs below. Or maybe you are interested in healing, ...if so, insert restoring, recovery, healing, curing, improvement, mending, regeneration, repair, or vigor. What other aspects of wellbeing are you interested in learning about? Try oneness, pride, joyfullness, fulfillment, faith and trust, knowing, appreciation, helpfulness, and goodness. A great deal is to be learned about life through the wellness-patterning within all things. Are you enlivening and manifesting what you truly desire?

What is _____? _____ enables you to exist. _____ breathes life into and supports you; _____ nourishes and strengthens you; _____ provides the base for you to grow and expand; and _____ guides your blossoming. _____ is all there is, expressing in infinite ways to bring about the manifestation and functioning of _____. _____ is pure non-duality in essence and non-judging in function;

...and infinite, all encompassing _____ always remains as _____ in all manifestations ...and in all formlessness. _____ is an awakening to your true nature or purpose, to the truth of all perceptions and sensing, to the reality of your self and life, and distinguishes the real from the unreal. The _____ within self and all others, and within all things of the universe, should be recognized by everyone, ...but not everyone engages in intimate and perceptive enquiry.

Since _____ is unconditional or it is not _____, and since all judgments impose conditions, all judgments, in any form, destroy _____. Awakening others to their _____ or expressing your own _____ is only possible without judgment, ...in fact, absent judgment, only unconditional _____ remains.

You cannot find or give _____, discover the “right” expressions of _____, be particularly _____ing, or do something that is in itself _____ing, ...but, without judgments, you are living and enlivening _____ and acceptance. Searching for _____ or satisfying expression of _____ is unimportant, what is important is unlocking the doors of judgments and opening yourself so _____ can manifest and enliven through you, ...for regardless of what you believe, all judgments jealously guard, conceal, and withhold _____ and acceptance. For instance, acceptance and forgiveness of someone’s actions are clear measures of your own judgment, unacceptance, and unforgiveness, ...for if you had not originally judged these actions as improper or offensive, you would have nothing to accept or forgive. Acceptance and forgiveness clearly reveal your judgments, not your _____, for _____ is never enlivened or expressed with judgment.

Well, what did you learn about yourself? Do you understand, from this patterning, why we say that wellbeing is self-love?

Injuries such as broken bones, for example, generally seem to heal or restore themselves well enough without help; ...all medicine can do is create an improved environment in which your body can heal itself ...while physicians stand back watching and marveling at Nature’s processes. Though you may not realize it, the body of your life and all of the universe follows this same patterning of self-healing, ...all you have to do is create the environment of self and life you truly desire ...and Nature, following your desired lifetone and wellness-patterning, or wellness-constructs, will do the rest, ...all you have to do, even in your own life, is stand back and marvel at Nature’s emergent-miracles being performed for you ...as you direct. This transcends “causing” the self and life you desire and moves you to “choosing and having” as you truly desire. **If this were not true, if you had to “cause” or fulfill your desires, you would not have free will, ...for you could not be assured of having your choices as you desire.**

With cancer, however, medical professionals declare that Nature has gone wild ... they and attempt to intervene by creating an environment that is *destructive* to Nature's process, ...why the difference? Is one an emergent-miracle and the other an emergent-miracle out of control? Is one good ...and the other bad? Is one a reward ...and the other punishment? These seeming differences do not reveal that, in one instance, Nature's processes and infinite-patterning are functioning to benefit and restore you, ...and in the other instance are being directed to punish or harm you, to guide you, or to teach you lessons.

Your life and body, and the body of your life, are physical outpicturings of your beliefs, thoughts, attitudes, emotions, behaviors, and choices, ...and when these are focused on what, without conflicts, you truly desire, that is emergently revealed in your body and life; when centered on guilt, resentment, anger, regret, or similar attitudes and emotions, these are frequently outpictured as burdens, problems, conflicts, and illnesses; ...and when your life and beliefs are out-of-control, these often assume the form of victimization and cancer. You do not "get" or "cause" cancer, nor does the environment impose cancer upon you, you live cancer, ...you are *cancering*. Like all illnesses, cancer, outpicturing the tone of your self and life, follows your patterning and directions.

And if medical intervention overwhelms your cells and slows or ends your cancering, without enlivening and manifesting finer, more-desirable beliefs, thoughts, attitudes, emotions, choices, and behaviors, your cells, being tiny replicas of you, and following your patterning of cancer, continue these cancers within you.

Your body's cells do not live, grow, react, and die independent of one another, they constantly communicate through your lifetone ...such that, for instance, a stomach cell knows what is within a kidney cell ...or a big toe cell, ...therefore, if external medical intervention forces one group of cells to change ...but your lifetone is not redirected, this maintains your old patterning ...and illness.

In the past, you have sought relief from your old beliefs, thoughts, attitudes, emotions, words, and deeds, ...and from your problems and illnesses, ...are you now willing to follow your desired wellness-patterning and transform your underlying lifetone? ...and set yourself on a trouble-free ...or less-problemed existence? Or are you satisfied with your present treatment ...which provide only temporary relief ...with few, if any, long-term benefits?