

## **Article 42: Wellbeing 6**

Centuries ago, Galen, a Greek physician and writer, demonstrated that arteries carry blood, not air, as was previously thought. Believing that the heart helped bring an invisible vital force called pneuma into and throughout the body, he was correct in seeing the relationship between the pneuma (oxygen/attitudes) and blood (emotions). Your circulatory system is the process of moving attitude-enriched and enriching emotions (oxygenated red blood) throughout your spiritually mindful body and life ...and removing depleted or harmful emotions, attitudes, and other matter(s), ...all of which occurs through your feelings (arteries, veins, capillaries). Your lymphatic system restricts, limits, and filters out unwholesome beliefs and other matter(s) to maintain an appropriately strong and vitally wholesome environment within your lifeseif.

Your digestive system is the process of change; accepting, examining, confirming, assimilating, and integrating what is desired, needed, and worthy ...and wasting the remainder. Incontinence reveals your inability to control the flow of unneeded or harmful emotions (urine), attitudes (gas), beliefs (cells), convictions (solid substances), and other matter(s). Your respiratory system is the process of intaking and preparing vital attitudes for use in enriching your emotions, ...so your emotions can sustain and enrich you. Your nose, and the action of breathing through your nose, offers you a sense of self, a process of evaluating and appraising self, a way to acquire self-knowing and self-realization through your attitudes, and a means to temper your attitudes. These are examples of the inpicturings of several body systems, ...now, let=s discuss what your organs and glands reveal about your self and life.

Organs are groups of beliefs (cells) organized to perform specific functions, actions, and purposes which are interrelated to all other organs, systems, glands, and functions within your mindful body and life. As examples, your spleen reveals how you form, filter, and store vital emotions ...and generally keep them healthy. Your stomach is the examination, confirmation, and the beginning transformation of beliefs, attitudes, emotions, convictions, and other matter(s) to provide sustenance, nourishment, strength, vitality, and wellbeing for your mindful body and life. Your kidneys cleanse your emotions and maintain a proper balance of sharp, lively emotions. Your gallbladder represents the preparation and withholding of acidic emotions ...and appropriately discharging them through feelings when and where needed. Your liver is the process of cleaning, strengthening, fortifying, and detoxifying existing emotions that have become devitalized during the process of change.

Glands are groups of beliefs organized to secrete emotions that serve, improve, and facilitate many constructive functions ...and to remove waste and detrimental matter(s). Each gland furnishes different emotional sustenance and assistance to varying aspects of your self and life. As examples, the thymus gives emotional support to your determining between what is detrimental and what is beneficial in your mindful body and life, ...which supplies you with inner protection and defense. Your hypothalamus provides emotions that keep your mindful body and life well-balanced and regulated; poised and constant. And your pituitary gland, as an overseer of your lifeseif, offers emotional control and discipline of daily functions and long-term growth and development. These are a few examples of what is revealed about your lifeseif through your organs and glands; now, let=s look at a small sampling of what is being outpictured through pains, illnesses, and disease.

Medical science confirms that asthma is not a problem of breathing in, but the asthmatic won=t let go of a previous breath in order to take a new one; ...and since breathing is the process of taking in enriching attitudes and wasting old ones, asthmatics won=t let go of their old attitudes in order to take in and be vitalized by new attitudes. As joints (in fingers, arms, legs, toes, etc.) represent the flexibility needed to live happily, do things, and move ahead in life, arthritis, an inflammation and pain in joints, and a stiffening of those joints, reveals a great deal about arthritic individuals= rigidity of understandings (toes, ankles); irritation of their intentions and purposes and motives (knees); stiffness putting understandings and purposes into the body of their life (hips); pain in giving and receiving (fingers, elbows); discomfort of burdens and duties and responsibilities (shoulders); and difficulty in putting their thoughts, senses, dreams, visions into their life (neck).

As cancer indicates cells out of control, since cells are beliefs, cancer reveals beliefs out of control. Generally, these beliefs concern malevolent matters such as regret, guilt, resentment, victimization, helplessness and hopelessness, lack of control, unworthiness, and many others; ...and since most cancers are slow growing, these detrimental beliefs are also slow in developing to malignant levels. The specific location of cancers and the organs involved reveal exactly what malevolent beliefs are out of control. Cancers of male or female organs relate to masculinity and femininity, or to one=s role in life. Lung cancers tell a great deal about attitudes. Bowel cancers inpicture difficulties in eliminating old, unneeded matters. Skin cancers concern one=s security, nature, and sense of distinctness. Cancers of the lymph system expose beliefs of not

being able to protect oneself by draining off unwholesome emotions and matter(s).

Fibromyalgia reveals the pain within particular longstanding, traditional beliefs and convictions concerning power, vitality, force, and empowerment. Fibromyalgia in the area of your neck outpictures your pain in the struggle of attempting to overcome the difficulties and limitations of your lifeseif, so you can actively express and live your greatest thoughts, ideas, visions, dreams, and inspirations in a presumed restricted and restricting world and life. Fibromyalgia in the area of your shoulders outpictures the pain involved in fulfilling responsibilities, commitments, and obligations ...and in meeting life squarely. Fibromyalgia in the back refers to matters of the past; of the arms, to giving and receiving and doing; of the legs, to motives and intentions and purposes; of the feet, to understandings. The severity and location of your pain clearly outpicture the painfully struggling way you are living. Pains call your attention to **what** is occurring in your lifeseif without ever judging or criticizing you; ...and they are not guiding or warning you, teaching you a lesson, or punishing you.