

Article 44: Wellbeing 8

By believing in good and bad causes, you believe that bad things cause pain§illness§weakness ...and good things such as healings and medications can win the constant battle against pathogens ...or evil causes. Asking or wondering, in one form or another, "How can bad things happen to good people?" perpetuates your false beliefs of good/evil and causes. And if you accept the concept of a body-mind connection then your mind, being separate but connected to your body, is actually involved in creating, maintaining, and struggling against your pain§illness§weakness. In this, you are your worst enemy and your best friend, ...and believing that your mind and body, or desires and energy, are out of balance, you make them struggle against each another; ...is it any wonder that your life and body are filled with pain§illness§weakness? And it takes extreme medical treatments and medications to overcome the power you exert against yourself.

But, by understanding that pain§illness§weakness only outpicture your life and self, you are completely empowered to live the lifeself you desire. **Your pain§illness§weakness are emergent outpicturings of your constant and continuous struggle**, ...usually resulting from misbeliefs, especially those of good/bad and causes.

If matters in your mindful body and life have progressed to a level of pain§illness§weakness presumably beyond your control ...or beyond your supposed power to change by living anew, or if your mind is too involved in its own concerns and discomforts, then lifecare professionals who are applying the emergent**lifeself** awareness process in their practices (patricians)--physicians, healing professionals and semi-professionals, counselors, therapists, nurses, and others--can provide an accurate evaluation of your spiritually mindful body and life, so that, by fully understanding your life and ways, you can genuinely support and assist in emergently constituting and living the lifeself of happiness and wellbeing you desire. These patricians relieve your spiritually mindful body so you can "cure" or "heal" your lifeself by choosing and living anew ...instead of continuing your self and life "as usual", your consistent struggles and burdens, and your normal pain§ illness§weakness.

By understanding your present self and life ...and the emergent-**lifeself** awareness process which keeps you actively focused upon and living the happiness and wellbeing you desire, lower doses of medications and less extreme and invasive medical treatments are more effective. Temporarily relieving your physically mindful tensions and discomforts ...and awakening you to the emergent**lifeself** awareness process enables you to apply your divine mind to living anew, so that changes can occur

more quickly and completely. But, to have these advantages, and to live the lifeseff of happiness and well-being you truly desire, you must realize that **all things in life are good and benevolent; all things occur as uncaused emergent miracles; and pain\$illnesses\$weaknesses only reveal the lifeseff you are living, ...they are not lessons, punishment, guidance, or the consequences of bad attitudes or actions, ...nor are they caused by pathogens. And healing is the wellbeing of the life and self you live.**

Your life of happiness and wellbeing, no matter what that is, begins within you. When you close your mind to greater beliefs and awarenesses; when you stop seeing and reaching out for new ideas and extraordinary opportunities; when you become "fixed" in your beliefs, thoughts, attitudes, words, and actions; that=s not because anyone, or any event or circumstance, forced you; ...your actions, and the decline and loss of strength and vitality in your life, and the increase of pains\$illnesses\$weaknesses were by your own choosing, ...by the choices you made to languish in your usual beliefs and ways and life. And since these pains, illnesses, and weakness are unique to you, as they are to each person, by understanding the outpicturings/inpicturings of your lifeseff, instead of focusing only upon your discomfort and incapacity ...and fear, you will fully realize the truth of your self and life, ...and understand the undesirable or unwholesome (for you) choices you are, and have been, making and living. Pain and illness and weakness are windows to your self and life which enable you and others to look within to the truth and brightness and warmth of your lifeseff; ...and they offer you a personal view beyond your present self and life ...into the future.

The role of physicians, healers, and other medical practitioners is moving away from being primarily responsible for restoring a level of temporary health and fitness to your body after you create and live a life of mental and physical abuse, accidental hurts, bodily defects and dysfunctions, deceptive beliefs and thoughts, resentful or guilty memories, catching colds, falling prey to sickness and disease, denouncing and misusing yourself and others in consciousness, being born with and continuing gene defects, or developing familial illnesses. Physicians and other healthcare professionals, while relieving symptoms, must also become complete lifecare healers, teachers, and advisors. To relieve the symptoms, anxieties, and uneasiness of your pains\$illnesses\$weaknesses, emergentlifeseff patricians combine accurate medical tests and diagnostic procedures with an understanding of how your previous reactions and responses established and maintained

genetic, familial, and environmental tendencies, ...and how your current thoughts, beliefs, attitudes, behaviors, and lifestyle frequently outpicture pains, hurts, illnesses, disorders, diseases, and weaknesses. More than merely relieving your symptoms, practitioners help you understand your life and self today ...and guide you to truly live a new life of happiness and wellbeing.