

## Article 59: A Journey of Self-Discovery

No matter what you may have been taught, there is never any dis-ease between you and your body, ...for you are well-suited companions in this life ...constantly speaking openly, honestly, and intimately with each other. Your body always offers it tremendous guiding-wisdom in ways that speak louder than words, ...but it never tells you what you should or should not do, ...and it never judges your actions to declare what you ought to be or become. Your body clearly reveals the self and life you are creating and living, so that, with this knowledge, you can create and live the self and life of your dreams ...and end your constant doubts and struggles and judgments ...and illnesses.

Let us begin by assuming you have an illness you truly want to resolve ...so you can live the happiness and wellbeing you desire, ...what are you willing to give up to gain relief from your illness? Assuming that you also want to see and understand the underlying conflicts which are outpicturing as illness in your body and life, and permanently resolve them, instead of endlessly searching for temporary relief of symptoms, so you can return to your self and life "as usual", ...will you also create attitudes of continued wellbeing ...and live the self and life you truly desire, instead of continuing the lifeseff you feel you should live? ...or ought to live? Will you give up old habits of illnessing? Will you end your path of traditional and inappropriate beliefs and thoughts? ...your undesirable attitudes and emotions? ...and your unenriching words and ways? Are you willing to give up resentments, guilts, fears, and anxieties ...and no longer accuse and blame others? Are you willing to give up time spent seeking self-indulgent pleasures, desires, and satisfaction in order to have the happiness, wellbeing, and enriching fulfillment you truly desire? Are you willing to stop judging yourself and others? Are you willing to end your endless struggle to control and manipulate others and events in order to *get* what you want ...and begin *giving sincerely* from yourself, so life can truly give to you as you offer to others?

**What you are willing to give up is the only true measure of what you are willing to do to resolve your injuries, illnesses, and problems ...and gain the happiness and wellbeing you desire.**

If we asked whether you will be forgiving, you would probably answer, "Sure! I'll try." But, if we ask whether you will give up your anger ...and your habit of judging, accusing, and blaming, you will most likely hesitate. If you are not willing to relinquish your anger, judgments, resentments, accusations, and similar attitudes, emotions, and behaviors which you use to deny/limit/conceal yourself, ...is it any wonder that your body and life are filled with problems, disappointments, hurts, and

illnesses? ...with little or no relief in sight? And if you are not willing to give up these things, you obviously only want temporary relief of your problems and symptoms ...and a little bit of happiness and wellbeing, ...and all the treatments, medications, good diet and exercise, intimate communications, healing seminars, and right thinking will never overcome your illness-way of life. Well, ...you certainly know what that life is like, ...don't you?

You can begin relieving your problems by honestly sharing your feelings ...and the beliefs and thoughts which support them, ...not as a way to express your judgments and anger ...or your complaints and accusations, or to accuse and blame others or events, but to clearly see and understand these pent-up, frequently denied things of yourself, to release them, and to make room for greater and finer aspects to live and take pleasure in. Joy and wellbeing cannot enter a person filled with unhappiness; love will never push dislike and hate out of its way; anger withholds peace and true strength; resentment resists forgiveness; grief as self-pity destroys gladness; and loss over-shadows gain. Speaking honestly and intimately will help you understand and loosen the tight grip you have on the mistaken and undesirable aspects of yourself ...which are outpictured as your problems and body-symptoms ...and which speak clearly of your illnessing beliefs and ways. Any dishonesty or concealment will only strengthen and reinforce these undesired aspects of your self and life.

After clearly understanding your present self and life ...and being willing to follow greater and finer ways, you will begin seeing the finer life and opportunities which are truly available to you, so you can be and live as you truly desire, ...while trying to heal or cure or relieve your illness will, if successful, leave you with the self and life that your problems and illnesses reveal you have always struggled with and against. Make this your shining hour and new beginning, not just a moment of temporary relief ...and continuation of your old self and life. If you resist changing, merely by clutching desperately to precious beliefs and old habits, a wondrous new self and life will be lost from you.

Take every opportunity to  
be born anew daily ...as you truly desire.

It is important to clearly picture both the self and life you truly desire and steadily pursue them, ...fight for them if necessary. It is not enough to hope or wish for a greater and finer self and life, you must live your dreams at each moment ...with every belief, thought, attitude, emotion, word, and action, ...and the universe will emergently sustain you. No matter the temptation, do not cling to the past, ...seek new, finer expressions of your dreams; put your old judgment-crutches and habits away.

Wellbeing requires that you keep your spiritually mindful body and life constantly active ...though not over-stressed. In all of your activities, do not forget your beliefs, thoughts, attitudes, emotions, and faith, for these require daily exercise as well; but do not make exercise, or any activity in your life, a chore, ...have fun in everything you do. While working to follow your dreams, or while exercising your mindful body, enjoy yourself, ...and exercise your attitudes of happiness, your faith in your dreams and abilities, your pleasure and satisfaction in living the truth of yourself, and your joy in the spirit of your self and life. Fill every activity with fully awakening and realizing yourself. Exercise your dreams at every moment ...in everything you believe, think, feel, say, and do.

Be optimistic, for if you expect the worst, it will surely be yours, ...but be realistic in all that you do. Foresee the very best and follow through, and you will create and receive accordingly. In every situation, anticipate the greatest possible outcome for yourself and your activities from your finest endeavors. Inspire and enrich yourself ...and fully support your own and others' worthy actions and activities. Nourish and strengthen yourself with encouragement, ...never blame, accuse, or criticize yourself or others ...or circumstances and events. Be insightful and introspective, ...exercise your self-awareness. Withhold nothing of what you genuinely value from life ...and life will withhold nothing of true worth from you, ...for only as you set limits and restrictions will you be limited and restricted.

