

Article 37: Forever Wellbeing creating your **EMERGENTLIFESelf**

There is no such thing as healing
or creating a healing;
for healing is not a medication or technique,
nor is it about curing;
healing is the wellbeing of the life and self you live.

To truly possess all the happiness and wellbeing you desire in life, it is, first, necessary to understand that illnesses are not caused, ...they are emergent; ...actually, all things in life are "emergent", totally uncaused, ...but, at this point, we don't want to discuss the meaning of emergent, so just consider the possibility that "cause" is not what it is believed to be.

Neither the emergent lifeself process nor the beliefs, techniques, and suggestions we will discuss are intended to replace the services of a trained health professional. All matters regarding your health and wellbeing require medical treatment and supervision. The truths, ideas, and processes we are presenting are offered to augment your awareness of your self and body ...and the life you are living, they are not to be used as substitutes for appropriate medical diagnosis and treatment.

Consider the example that if you have viral pneumonia, medical tests always reveal that virus in your body; ...and since medical science functions on the (false) premise that "if A **always** precedes B, then it is reasonable to assume that A causes B" ...and the virus **always** precedes the pneumonia, medical science concludes that the virus "causes" viral pneumonia. Let's look closely at this from two points-of-view. As we walk along our driveway to the road, though the palm tree **always** precedes the papaya, you would **never** conclude that the palm causes the papaya. This is an example of one thing preceding another in space, ...and since the palm was planted years before the papaya, it also preceded the papaya in time. So, whether in space or time, that which always precedes cannot be shown to cause what follows.

This example is not as funny as it sounds, because it disproves a basic premise of science and medicine. Now, let's look at viral pneumonia from the view that, while pneumonia patients always have the virus, many people carry the virus without having viral pneumonia. And though you might say that those without pneumonia have a stronger immune system,

this is an insufficient answer, because much more than this is actively involved, ...and if we speak of causes, something other than the virus or weakened immune system must be the cause. Or could it possibly be that, even if there is a cause, we can never know what that is?

As further examples against causes, all people who smoke do not have cancer or heart attacks, in fact, there are more people weakened by lung cancer and heart problems who do not smoke, and have never smoked, than similar patients who have or do smoke. In addition, there are more long-time smokers without heart or cancer problems than there are smokers with these problems. Many, many such examples reveal that there is no simple cause/effect connection between smoking and illness, or between any other thing, ...so what is actually occurring? The answer is that **all things are emergent, completely uncaused**; ...and once you take "cause" out of the picture, new views, truths, and understandings of life and health are emergent. And if things are not caused (and they are not), then, no longer being blinded by "causes", you are free to understand the true meaning and significance of health problems ...as revealed by the emergent **lifeseif** process.

Of course, you could declare that illnesses are "accidents" of Nature, of genes and pathogens, of attitudes and the environment, or of many other things, but doing that only makes life (and death) a meaningless accident ...and keeps you a helpless victim to all of these overwhelming "forces", ...and life becomes a matter of "luck". If you believe in and struggle against such vagaries of life, then the whole issue of wellbeing and living an enriching life of happiness and fulfillment is meaningless and futile. If life has meaning, then nothing in life can ever be a meaningless accident", ...and pain and illnesses must also be meaningful; ...which is other than, for instance, the following useless beliefs: "I've got bad' genes" (for, in fact, **you** can change your genes), "I've caught a cold", "The smog caused my bronchitis", "You give me a headache", "My energy is out of balance", "I have a weakened immune system", "My life is not in harmony with Nature", or "This is my karma". With the veil of such empty and senseless beliefs, statements, and judgments lifted, you can easily begin seeing and understanding the true meaning of all illnesses: **they clearly, openly, benevolently reveal how you are living your life.**

And no matter how much pain and discomfort is associated with your illnesses, you are not, in anyway, being judged by God or life, or being punished for bad thoughts, attitudes, or actions, ...and you are not being taught a lesson. The illness reveals that, regardless of what you may think,

you are living pain/illness/weakness; ...it is not that your actions are "causing" your pain, illness, or weakness; you are your pain/illness/weakness, for without you, they do not exist. You do not have a painful illness or debilitating weakness, **you are that illness, ...and you are living painfully and weakly;** ...that is your self and life!