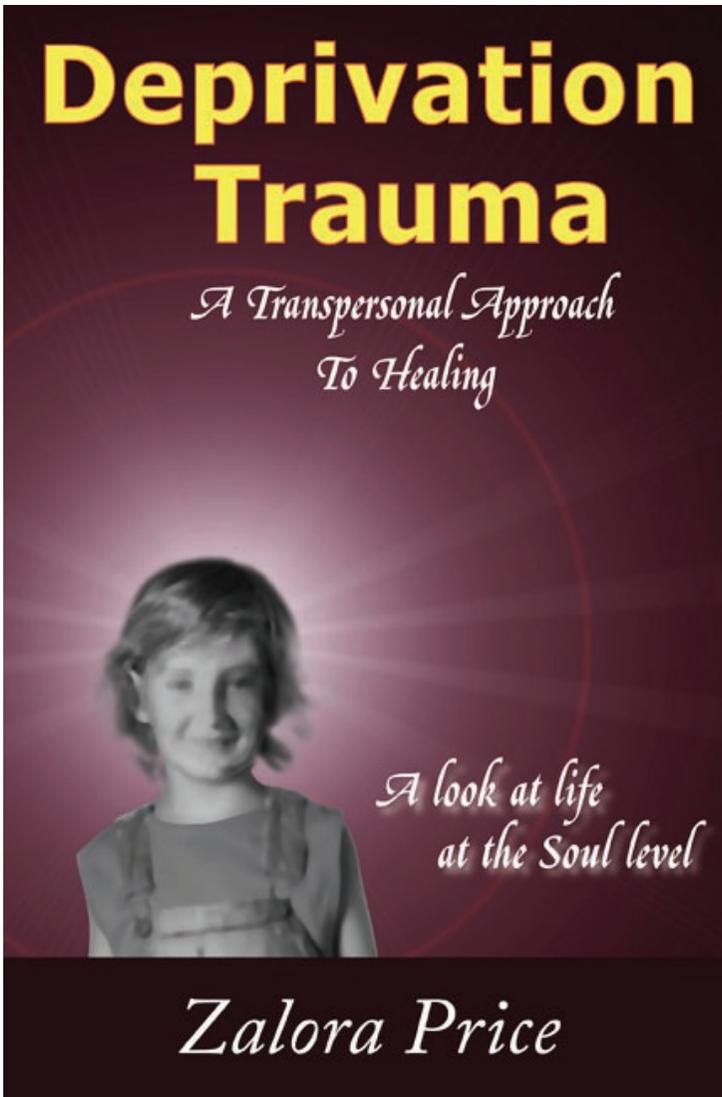


Excerpt from



Part 3, Chapter 2, pages 267-268

These pages address a major thesis of the book which is: the need of understanding the impact of the human mind on the physical health of an individual, as well as other concepts to assist in the healing process found through out the chapter.



Chapter 2

The Process of Healing

How your mind responds to or interprets the experience determines your health.

Speaking outside the realm of miracles, which happen in brief moments of prayer or peak experiences, we gain insight and growth on a continual basis. Sometimes it comes in large doses, and sometimes in small doses. I say 'doses' because we

take in life like medicine. Some of life's experiences are just so-so, some are sweet, and some experiences 'do not taste too good.' The bitter and sweet experiences may affect us in profound ways. *This is because our mental response to the outside world determines our dis-ease with our physical experiences, and is reflected within our body. This is what is called mind-body connection. When something happens to your body; how your mind responds to or interprets the experience determines your health.*

Let us take some examples. Years ago, it became evident that people who were 'stressed out' showed up at doctors offices complaining of chronic ailments. These ailments included: headaches, stomach and/or digestive problems (acid reflux, heartburn, bloating, diarrhea, and constipation), fuzzy minds, back and neck problems, sleeping disorders, eating disorders, depression, joint problems, chronic fatigue, panic disorders, and any number

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of other aches and pains.

Stress is the body's negative response to an unfavorable situation or series of events. Many stressors are work, marriage, children, education, and can be any type of social relationships and activities. This can include anything or everything around us! Our degree of mental and physical health is determined by how we mentally react to and handle this outside input. Therefore, our lives are lived in good health or our bodies can become stressed because we are not 'aware' and exercising control over how our bodies are responding to our environment.

The whole process of transcendence is to pull together your inner strength and personal power to create new things in your life. But in doing so, we must understand that life is like a training camp. Everything here is to teach us something and to promote growth. Whether it brings us pain or pleasure, the concept we want to remember is, 'What is life teaching us?' Sometimes it is, 'What is life showing us?' From the answers to these two questions we gain the wisdom to make wise choices. It does not seem to matter if the things that happen in our lives are considered good or bad. That is only a perception. Eventually, we come to realize that the changes we are sometimes forced to make are for our good. Sometimes we even look back and think that the worse times were our best times because of the differences they make in our lives.

So, if you are looking for ideas to bring you to a more conscious and healthier life (transcendence), try some of the ideas listed below. They worked for me!

Step 1

- Life is a process.

The first step in my transformation and healing process was to grasp the idea that life is a process. It happens from conception to the day we die. And it doesn't matter when we decide to make changes in our life, but that we make a 'commitment' to do so. And we may need to make commitments at different times in our