

Ensure Your Health

Restorative Bodywork Solutions, LLC

Stress



I am sure that most people these days have heard that stress is considered the main causal factor of disease. Our language has also provided us with two opposing concepts of ease and dis-ease as being the two ends of the spectrum. I sus-

Abundance

One of the erroneous assumptions that we tend to overlook is that one cannot attain health by studying disease just like we can't attain wealth by studying poverty.

It seems this is how drug and insurance

pect as time goes by there will be additional concepts and words developed defining the in-between states, so for the present, these are the only two modes we can reasonably talk about with clarity.

It is also becoming clear that the long term effect of stress has debilitating effects that are being brought further into focus through media and medical research.

What was historical stressing over survival in the form of food, shelter and sleep (basic needs) has progressed into our current societal dilemma as needs to

companies stay in business——Keep people obsessing about illness and definitely don't promote wellness concepts except through the examples of dis-ease.

We have been slowly and systematically

overachieve, work long hours, drive fast, meet unrealistic deadlines, etc.—all these meant to progress us in standing with others and yet propels people further into accepting excessive stress as normal and necessary.

This so-called normal and necessary stress is also now rearing its head in life expectancies that are far less than other countries/societies.

Somehow this information on life expectancies has been distortedly introduced as a campaign for better insurance so that people get better care, however,

molded into approaching our lives through how advertising and media choose to create our thought processes from all the exposure.

We think unhealthy first and identify with it, which is what keeps us stuck.

Keys to Successful Living

- **Doing Meditation regularly**
- **Have more fun**
- **Faith**
- **Deepen Relationships**
- **Find Enthusiasm for Life**

Health



***“I know God will not give me anything I can’t handle. I just wish he didn’t trust me so much.”
—Mother Teresa***



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When I was in high school, I was required to take a class called Health. It was like every other class that I did not identify with as an individual. I sure wasn’t associated with the other subjects of Algebra, English, History, so Health was just another idea thrown at me that had no inner meaning.

How does anyone in our society these days identify with health since it seems we are lead to believe it is virtually impossible to attain?

What does health feel like?

How can we know we have

Trust

Have you now discovered what health feels like?

Maybe, however....

How do you differentiate between feeling healthy and the sense of wellbeing?

Health needs an intuitive sense of correctness or balance to exist.

The WHO (World Health Organization) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. They have even modified this to include the ability to lead a “Socially

attained something that we aren’t given any idea of what the experience of such is?

These are the kinds of questions that lead you into the realm of health on the next level of existing outside the models we have been given to think within. Health then becomes an experience rather than an intellectual process.

Your answers to health for you come from the you within.

Health isn’t a set amount of vitamin consumed; it isn’t just following some set of

and economically productive life”.

Can one be healthy and have disease or infirmity?

It seems contradictory to say that the ease of wellbeing can exist psychologically and yet have disease present in the body.

Alternative Medicine looks at the very connection of mind/body/spirit as being whole when each reflects the other. Alternative Medicine also states that a person has the capability of healing even at the metabolic level, so most in this arena would disagree that the imbalance

rules someone laid out . It becomes a deeply inner directed experience that will lead you to what works for you.

If followed, you will begin to exercise without engaging your mind, you will begin to do what you need when you need it rather than being an automaton which is obsessed with eating on a set schedule, food labels, purchasing even fresh foods that your body is literally rejecting for whatever reason, etc.

Health becomes an interesting adventure filled with surprises.

in this perceived homeostasis of mind/body/spirit that exists does not constitute health.

The elixir of how to know health within, are being left out of the discussions, probably for good reason because science exists through measurements which cannot be applied in meaningful ways of a persons identification with what health feels like.

Future

What we seem to share in common with other animals, called the lower brain by many, is the more intuitive understanding of ourselves and the environment we live in. Animals live and exist in the realm of intuitive. Humans have this additional "higher" functioning system geared to intellect and what many call the rational mind.

Our society, educational system and the most deep set beliefs of business and industry are all geared to development and indoctrination into using this "rationality" to the exclusion of the "older", intuitive "animalistic" brain.

Symptoms are communications from the body inclusive of this lower/middle brain functioning and being able to bring this into conscious thought is learning to work within the body/mind connection. Symptoms are signals about incompleteness. They are wake up calls that will just get louder if unheeded.

The mid-brain is truly your inner, all knowing healer and placing it into a reasonable position of importance in your life is knowing and feeling health.

The autonomic, endocrine and immune systems have continual communication with the area; hence, we breathe, we resist or handle infections, our hearts beat, and our muscles create movement. It becomes the balancer or stabilizer of what we call a sense of self. It knows what is good and what isn't good for us and this eeking, gently at first, is the informing of what is going astray.

Mainstream society seems to allow this "soft wiring" between intuitive and intellectual (lower/midbrain and higher brain) to dissipate rather than knowing to strengthen it into a hard wired existence.

Unfortunately for many, the quest to health can be an arduous learning process having to again start "soft wiring" for per-

sonal success.

The long range solution is not viewing these symptoms as something to get rid of through drugs and surgery alone, but learning to listen first and comprehend the message on a conscious level honing a better life of health.

Working with the bodily intelligence uncreates dis-ease and strengthens this lost connection to a self healing existence.

The human body is an amazing world of self-empowerment when the "whole" is honored.

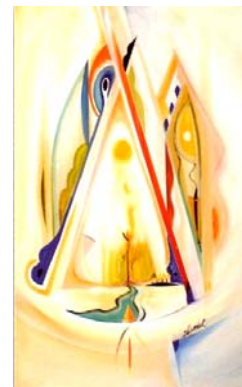
Rather than the priority of health being relegated to the back (mid brain) burner, which boils over and inevitably setting your whole world in chaos, the sense of wellbeing will have a greater fullness to the individual who seeks to understand how to hard wire peace.

This is not just a new age idea anymore as many physicians are becoming aware through their system of scientific proofs that more can be gained through less, hence meditation, massage and other alternative styles have found ways to isolate the parts of the "whole" and studied in the same isolation as allopathic medicine's symptomatology can without resorting to unrealistic separation. Western medicine's foundation of scientific proofs has shown itself fallible and not necessarily devoted to the whole.

The idea of separatism and wholeness have always been a contentious dichotomy. However, creating the soft wiring between these will also create the soft wiring between the higher and mid brain of humans as well.

Hopefully some day in the future, the outer (allopathic) and inner (alternative) approaches will become the wholeness of medicine including the knowing of what health feels like.

***"When there is no enemy within, the enemies outside can't hurt you."
—African Proverb***



Ensure Your Health

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Grace

Grace is one of the most beautiful aspects I see clients attain and probably the most gratifying to me. This comes from the body functioning in a more coordinated pristine way. Grace is the smoothness of movement, the ease in which the individual moves, and the profound enjoy-

ment that is seen not only in the faces of these individuals but also in the energy that seems a perpetual for them.

Their outlook on life, their sense of presence, their perfectly imperfect self gleams. Others can't help but notice this.

We all have deep de-

sires that propel us into our own futures. Mine is to be able to move people into this state of grace and comfort, so that not only they benefit but those they know benefit as well.

I want to thank all my clients for allowing me to a part of this process.