

Article 26: Are Your Pains And Illnesses All In Your Head?

As modern medicine moved away from the ancient belief that sin and malevolent spirits cause illness, the idea developed that physical symptoms and disorders were primarily, if not entirely, caused by physical pathogens, such as bacteria, viruses, unbalanced energies, or stress, within the individual ...or in the surrounding environment. It seems that medicine's pathogens had replaced the sin and malevolent spirits of old as the cause of disorders; ...but, as the processes of pain, illness, and diseases were more broadly and completely understood, it was decided that your body (soma) and mind (psyche) are intimately linked ...and frequently in struggle against each other, which caused most pains, illnesses, and diseases. It was decided that individuals are predisposed by their genes or personality or environment to react to fearful situations or losses through emotional or physical conflicts which create acute or chronic symptoms.

In this, psychosomatic pains, illnesses, and diseases exhibiting physical outpicturings are believed to originate in your mind and emotions, or in a conflict between your mind and body; ...however, since your body fully and clearly outpictures the self and life you are living in consort with every aspect of your mind, there is no conflict between your body and mind. Your mind and body exist in oneness as a mindful body (psychesoma).

Actually, as your mind and body are one, all pains and illnesses and diseases, outpicturing the lifeself you are creating and living, are in that way psychosomatic: in your mindful body.

Physical outpicturings (symptoms), though created in your mindful body, have physical constituents which, when lessened or relieved, frees your mind's focus upon the painful, ill-advised, or diseasing lifeself it is creating and living, so you can choose finer, more desirable beliefs, thoughts, attitudes, emotions, words, and actions ...and live the happiness and wellbeing you desire.

And since pains and illnesses and diseases are created in your mindful body, medications and treatments only relieve and free your mind ...and create a more-supportive environment in which "self-healing" can begin and thrive. However, if you return to your painful, ill-advised, or diseasing ways of life, your old outpicturings (symptoms) will intensify or reoccur, ...or new outpicturings of pain, illness, or disease will outpicture in your embodied self and life.

Do not assume from this that all illnesses are merely *in your head*, for every cell of your body is a sentient (mindful) little being, ...which means that pains, illnesses, and diseases occur in the mind of every cell

involved. Do you think? ...truly think with every cell of your body? ...or do you just think you think? Always speak and act with the coordinated passion and inspiration of your embodied beliefs (body cells), ...for whenever you speak or act, your mind is openly revealed and paraded around for all to see. It's not sufficient to speak of peace in your life, you must be at peace with every cell of your body.

Are the cells in your body wiser than you are?

Always include encouragement and inspiration in the care and attention you give to yourself; ...and relax and let go of the need to control people and events ...and compel them to conform to your desires and will. What pains, illnesses, and diseases are you thinking and living? Move forward in your life with confidence and inspiration, for you can expect what you truly expect and live. No person, thing, or circumstance has power over you; ...you were brought to life to believe, think, and act as you desire, ...and to live your emergent creations. What are you thinking and living into existence? Have you had certain beliefs and thoughts for so long that you now feel it is impossible to release or change them? Are those beliefs and thoughts creating the self and life of your dreams? ...or conflicts and struggles? How have these beliefs and thoughts become so embedded in your mind, emotions, and ways that you feel you cannot now create the health and wellness you truly desire?

**Your mind is a fine environment for
thoughts of guilt, regret, and resentment
...or wondrous thoughts of inspiration and
appreciation.**