

Article 38: Wellbeing 2

Many people claim that disease is dis-ease with and within your body, dis-ease with undesirable environmental conditions, dis-ease caused by bad attitudes and disharmony within your body ...or between your body and Nature, dis-ease created by an unbalance of energy forces within or around you, and dis-ease caused by other conflicts; but all of these presumed “causes” are incorrect, ...because you and your body are one. And just as your body is an accurate embodiment and outpicturing of your self and life today, at the beginning of this life, your gene-pattern and body-type, your weaknesses and strengths, your attitudes and habits, and your family and early environment were all precise outpicturings of how you lived your previous lives. These aspects of your self and life have nothing whatsoever to do with karma, nor with luck or unluck, for **God does not play dice with the universe** (Einstein).

Declaring that your body and life are controlled by your environment is like saying that your brain, and its reality, is governed by its chemistry, ...which leads us to ask, “What governs and controls that chemistry?” You do! And you are painfully ill and weak simply because, seeing others doing these or similar things, you live in these ways, ...and, in this, **your outer-world being your own creation, IS your inner self and life. Stop hiding in your inner-world!**

Science properly declares that for every action there is a simultaneous equal and opposite reaction; ...but, since actions/reactions are simultaneous, they are one and inseparable, ...and you cannot determine which is the cause (action) and which is the effect (reaction). What you normally call cause and effect, is actually a futile search for and struggle against **assumed causes**.

Physicians also seek and fight against assumed causes of illnesses, ...because, without a cause to heal, they believe that their medicine would be meaningless and empty. Also, since actions/reactions are always simultaneously equal and opposite, everything in the universe is **always** in harmony and in balance, ...so those who seek to “heal” by restoring harmony, or through energy-balancing, are futilely seeking an unbalance or disharmony to heal. We had an energy-balancing healer declare adamantly that she was **not** looking for causes, ...”as medicine does”. She wouldn’t see that, while medicine declares pathogens to be the cause of illnesses, she was declaring unbalanced-energy to be the cause. Actually, she saw this but would not surrender her old beliefs.

Science and medicine today, following Aristotle’s lead of 2500 years ago, declare that the cause of something is not just one thing, ...it is all **necessary** aspects creating the occurrence. But, since Einstein has

shown that all things in the universe are relative, then, for any event or illness to occur, all things are necessary, ...so no one thing, or no combination of things, can ever be the cause of something else. By ignoring appearances and teachings of causes ...and realizing and living the importance and wondrous freedom of knowing that nothing is ever caused, that **all things in life are uncaused emergent miracles**, your life will change dramatically and profoundly.

If we proclaim that “all crows are black”, no matter how many black crows we show you, that does not “prove” that all crows are black; but by showing us just one white crow, you prove that all crows are not black. Therefore, no matter how many times medicine might demonstrate a connection between smoking and cancer or heart attacks, between viruses and viral illnesses, or between bacteria and infections or illnesses, none of these showings prove that smoking, viruses, or bacteria cause the associated problems or illnesses. And even though destroying the viruses or bacteria stops the illness or infection, this does not prove that they cause these problems, ...for, as in these examples, viruses and bacteria are merely constituents of the problems, ...not the cause. Nothing in the universe can be shown to cause any other thing. And there are no “white crow exceptions” to this; therefore, with causes set to rest, you can readily understand that, in a meaningful universe, all pains•illnesses•weaknesses reveal your self and life.

Do not misunderstand our words, ...we are not saying, that illnesses are in your head or caused by your lifestyle, for pathogens, as constituent parts of illnesses, are important aspects to consider; and if destroying the pathogens “relieves certain symptoms”, that too is important. And since pain and illness and weakness reveal how you are living your life, then **every symptom of every illness is an essential part of what is being revealed**. If these symptoms are relieved too quickly, before you understand your self and life, then you, without these awarenesses, will continue living in the same way, such that your old problems, or a new one, will return, ...and you will often live your usual ways more intensely, such that new pains and illnesses become even more severely painful and debilitating.

Medicine has made great advances in objectively measuring and understanding physiologic wellness and, to some degree, mental health, ...but what about your personal wellbeing? Why are some individuals able to create and experience a desirable state of wellbeing, while others are not? Why are some people healthy and happy, while others are constantly ill and discouraged? Imagine that you could have all the acclaim and

possessions you have ever dreamed of, ...but without having happiness; or that you could be filled with happiness and wellbeing moment by moment, but have only the bare necessities of life; ...which would you choose? Before you answer, consider that most people, even with this warning, choose acclaim and possessions, ...presuming that prestige and riches will bring them happiness and wellbeing, ...and they will have it all". Yet, in most instances, by following that choice, they only discover a life of struggle and anxiety ...and sacrifice their desired happiness and wellbeing. Now, which will you choose ...or choose to continue?

We are **not** declaring, as many healers do, that "how you are living your life causes your problems" ...or that attitudes cause pain, illness, or weakness. Remember what we said about action/reaction being simultaneous and one? Well, if "how you are living your life" is the action (cause) and the illness is the reaction (effect), then "how you are living your life and the illness are simultaneous and one; ...neither causes the other ...and neither is the effect. We prefer to describe this as: the illness **outpictures** your self and life, and your self and life is the **inpicturing** of your illness.