

Article 41: Wellbeing 5

What you believe determines your experiences and how you react to events and individuals, all of which substantiates and strengthens your beliefs and continues your experiences and reactions, which confirms your beliefs and creates your experiences, which confirms your beliefs and experiences, ...and 'round and 'round it goes. Understanding this never-ending cycle demonstrates that beliefs are the true "building blocks" of your self and life. And just as beliefs build-up into certainty and resoluteness, cells build-up into tissues in your body: soft tissues being mild resoluteness ...and hard tissues being strengthened, firm, or fixed resoluteness.

Matter appears to exist as an unconscious lump of substance, or energy, which time and events constantly wear away and reduce, ...while you, on the other hand, may consciously awaken refreshed at every moment of your life with a new sense and creation of self which you may be and live. But, does anything reveal that matter is **not** conscious? Why ever would you believe that mind and consciousness are reserved for special beings? If you are willing to accept that all matter could have mind and consciousness, then you can understand that every cell (matter) of your body is a tiny awareful being that is consciously aware of you. From the smallest aspect and function to the largest, your mindful body speaks with and from every sentient cell, tissue, organ, component, appendage, and body function to inform you of the lifeself you are living.

As all cells of your body are your embodied beliefs ...filled with conscious awareness; all body fluids (water, urine, blood, tears, sweat, secretions) reveal various emotions; all gases (air, oxygen, other) disclose different attitudes; and tissues solidify your convictions as resolution. Bones embody and reveal your inner-strength and firmness ...and muscles represent your empowering force in life. Your bowels tell of the removal from your mindful body and life of waste matter(s) ...and your undigested and unabsorbed beliefs, attitudes, emotions, convictions. Breathing is the action of taking in vigorously, inspiring and passionate attitudes ...and releasing used or unnecessary ones. Chewing is cogitating upon, considering, and breaking down the beliefs, attitudes, emotions, convictions you have taken in. Feet outpicture your understandings ...and legs embody your intentions, motives, and purposes. Hips put the power of self into action, while hands actively represent your giving/receiving. Shoulders demonstrate your embracing life and carrying responsibilities and commitments. From just these few examples, you can see that your body is a living encyclopedic journal that reveals the life and self you are living, ...regardless of the lifeself you think you are living.

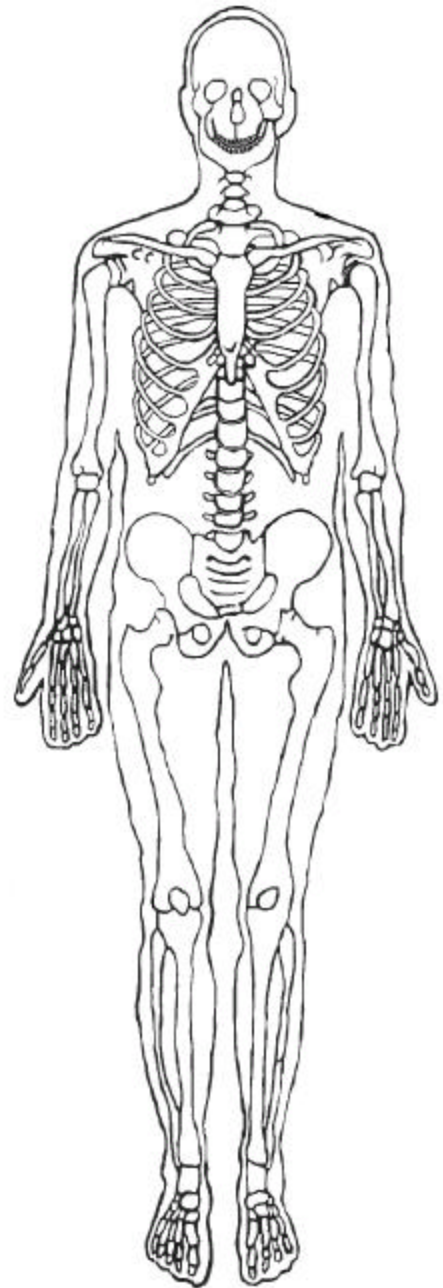
See diagram of Outpicturings-Inpicturings of Your Spiritually Mindful Body on next page.

Outpicturings-Inpicturings of Your spiritually Mindful body

By comparing pain•illness•weakness and their meanings and locations in your body, you will be better able to determine and understand your problems. This simple chart will help.

Outpicturings Inpicturings

Hair.....	Thoughts.
Head.....	Consciousness.
Face.....	Appearance. Facing life and situations
Ears.....	Paying attention. Listening.
Nose.....	Sense of self; smell.
Mouth.....	Acceptance; nourishment; communication.
Teeth.....	Words; beginning of understanding through communication.
Neck.....	Transforming ideas into action.
Shoulders...	Embracing life; carrying responsibilities and commitments.
Skin.....	Protective covering; security.
Hands.....	Holding and handling life.
Arms.....	The power of actions. Putting actions into life. Reaching out.
Elbows.....	Flexibility in transferring inner power to activities.
Bones.....	Strength; firmness.
Left.....	Feminine; intuitive; receiving.
Right.....	Masculine; logic; giving or doing.
Front.....	Future.
Back.....	Past.
Hips.....	Putting the power of self into action.
Thigh.....	Powerful motives and purposes.
Knees.....	Flexibility in motives and purposes.
Calf.....	Intentions, inclinations, inner promptings.
Ankle.....	Flexibility for putting understandings into action.
Feet.....	Understandings.



Spiritually Mindful BodyThe complete embodiment of self.

Do you see that in the belief/experience-cycle you have been maintaining your beliefs and hoping your experiences, problems, and pains would change and go away? And when matters didn't change, you became even more intense about your beliefs; ...you put even more energy, trust, faith, and passion into those old beliefs and again expected your anxieties, difficulties, and pains to go away, ..but with energy, trust, faith, and real passion, the universe continued your old experiences, problems, and pains ...simply because that greater intensity was what you had added to your old beliefs. If energizing your beliefs only energizes undesirable experiences...

It's time to change your underlying beliefs.

But you'll probably complain, "How will I know when my beliefs need changing?"

If you have undesirable feelings, events, circumstances, problems, relationships, or physical ailments and symptoms in your body and life, those conditions are sustained by undesirable beliefs; ...those conditions are revealing your beliefs, ...they are not punishment, required lessons or life, or strength or faith—creating trials and tribulations which you are to endure.