

## **Article 62: A Journey of Self-Discovery – part 4**

It is vital that you change (expand) your emphasis about treatments away from the search for causes and relief of symptoms ...to the restoration and enhancement of the whole self and life you truly desire ...which is filled with satisfying and fulfilling meaning and purpose. Of course, understanding and living your new self and life will be most effective when combined with traditional medicines and treatments which bring about relief of symptoms, ...for a mind consumed with pains and disabilities cannot focus properly upon a new self and life no matter how desirable that may be.

Some groups, such as, for example, Christian Science, Unity, faith healers, Science of Mind, and many others, recognizing the role your mind plays in creating and maintaining diseases, have attempted with varying degrees of success, to heal these illnesses through use of mind, with little or no medical or surgical assistance or involvement. It is reasoned that if your mind created the illness, for whatever reason, it would be most effective for your mind to heal or uncreate the injury, disease, or illness ...or withdraw support from them. But your mind and body are always in tune, they are one ...as a mindful body, and your body is merely expressing –outpicturing— your mind's inner-conflicts. This being so, it is unreasonable to expect your mind, while sustaining the injury, disease, or illness and being then as pained and sick as your body, to change (expand) and heal the hurt or sickness, which is not even recognized as a problem to your mind. To ease this situation ...and to loosen your mind's grip on maintaining your sickness ...so it can begin creating genuine and sustained healing by living the self and life you truly desire, the symptoms must often be relieved by an outside source of treatment. No matter the pathogens, environment, and circumstances involved, all illnesses and symptoms reveal the self and life you are living ...which maintains the form, severity, length, and consequences of your illness. And these things are frequently encoded in your genetic-pattern to be lived in your next life, ...or until you truly change (expand) this pattern in your mindful body and life.

For a long time, many religions have believed and taught that it is useless to fight a disease or illness with anything other than a treatment of repentance, because, obviously, the illness was sent as punishment for sin. So far, we have discovered that though individuals do live and maintain their pain and illness, it has never been shown that their moral values have any real affect on their illnesses or symptoms, ...it seems that nature is indifferent to any notion of "right and wrong" ...and always and clearly and only outpictures the self and life you are living.

As your illness is being relieved, it is vital that you become aware of the true process of all hurts, diseases, and sickness, not only how to prevent them, for that is doomed to failure if only prevention is followed, but how to listen to your body and understand the lifeseif you are living ...and what you truly desire. And though you cannot heal, cure, solve, or resolve an undesirable self and life, you can certainly replace it with a healthy, gracious, fulfilling self and life you truly desire.

The choice is yours.