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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Getting Out of Your Body's Way

By John Cali

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As you may recall, we recently published two newsletters on physical health and well-being. In response to those articles, one of our good friends sent us the following comments:

". . . if you're open to a follow-up question with the body theme, maybe (you could ask) Chief Joseph HOW one gets out of one's body's way. I mean, I know that all (Joseph) talks about is absolutely and totally true. But it's kind of hard to ignore something that is ALWAYS with you (and being aware of) its moment-by-moment state."

Chief Joseph

How do you get out of your body's way? An excellent question!

As our reader wrote in her letter, it's sometimes a daunting task to stay neutral when you are always in the middle of the situation you're wanting to stay neutral about.

Your body is always with you. Wherever you go, there it is. You cannot escape it! It's a fact of your life.

The only way to escape your body, obviously, is to die. But we don't want you to die until you're good and ready to go.

So, friends, we seem to have a dilemma, don't we?

But, really, this is not a dilemma at all.

Let's take a look at one ordinary day in your lives. In the course of that day, you encounter all sorts of situations and information you may not resonate with. Perhaps even situations and information you

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start feeling depressed about. Especially if you linger too long in the negative feelings.

For example, your mainstream news media. We are not advising you to avoid your news media entirely. But it would behoove you to limit your diet, if you will, of all the "bad" news your media love to report.

So, yes, we would urge you to nurture a genuine concern and compassion for your sisters and brothers throughout the planet who are suffering. And we would urge you to assist them in whatever ways you feel drawn to do.

But, in that process of helping others, it's absolutely essential for you to stay peaceful and centered in your alignment with your higher self. To even feel a sense of deep joy in the midst of the suffering

others around you are experiencing.

You are no good to anyone if you walk into their pain with them. You are of use to them only when you come to them in their pain from your own higher place of peace and joy. You do not uplift others by feeling their pain. You uplift others by feeling your joy.

And then your vibration of joy will begin to transmute their pain, and to help them see there is a way out of their suffering.

It's all about vibration. Your higher vibration of joy will ease their lower vibration of pain into a higher place. Therefore, the best way you can help others is to be happy, to seek your own joy first.

Now, everything we have just said applies to your own physical bodies. If your body is distressed or dis-eased in any way, you cannot help it by focusing on its problems. You can help it only by focusing on the solutions. That is, focusing on relieving the distress and dis-ease.

You do that best by getting out of your body's way. As we've said many times before, your body knows how to heal itself. It knows its natural state is one of balance, perfect health and well-being.

The only thing — the only — thing keeping your body from its natural state is you!

Yes, we realize your body is always with you. You can't get away from it. (Nor would you want to until you decide to leave.) But it's entirely possible for you to stay out of your body's way.

If you find it difficult to focus on restoring your body to perfect health when it is in a state of imbalance, then practice taking your thoughts off your body.

Think thoughts that feel good. You are, after all, in control of your thoughts. So think good thoughts — whatever feels good and brings you pleasure.

We are not saying to deny your body's current condition. We are saying to ignore your body's current condition.

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Keep your focus and your thoughts on health, on having a healthy body.

And if you find that too daunting, simply take your thoughts off your body entirely.

Do whatever it takes to feel good. Spend time with a beloved pet, make love with someone special, go for a walk in the gentle rain, fix yourself a delicious dinner, watch a funny movie. You get the idea.

As we just said, do whatever it takes to make yourself feel good. And when you feel good, only good can come to your body. For you have mastered the art of staying out of its way.

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Since 1992, John Cali has been communicating with a spirit called Joseph. In one of his many physical lifetimes, this spirit was incarnated as the legendary Chief Joseph of the Nez Perce tribe in what is now Oregon. Email john@greatwesternpublishing.org Website

www.greatwesternpublishing.org Free newsletter at chiefjoseph-on@mail-list.com Private readings with Chief Joseph at readings@greatwesternpublishing.org

Your Body Works To Keep You Well!

By Lawrence Stepanowicz, ND

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You are a remarkable organism!

Your body will work to repair itself and stay well.

Drugs can alleviate symptoms. They can even kill invading organisms. But if you're going to get better, your body will have to do the work.

Take colds and fevers.

A fever is just a way your body destroys germs. It does this by bringing them to a temperature at which they can't survive. Medicine may see a fever as a symptom and high fevers can be dangerous, but a fever is part of your body's healing process.

A cold is basically a nasal infection. It can lead to sore throats and other things, but a cold lives and dies in your nose. The rhinovirus, strains of which account for most colds, gets its name from that fact. Rhino means nose.

Cold viruses thrive at temperatures slightly cooler than the 98.6 degrees considered normal. So when faced with this invader, your body's first defense is stuffiness.

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Why?

Because breathing through your nose keeps your nasal passages cooler and the virus alive.

But when you get stuffy and are forced to breathe through your mouth, your nose, no longer air cooled, reaches a higher temperature and becomes less friendly an environment for the virus. The virus dies, and after your body does some necessary cleanup and repair work, you're good as new.

That's why almost anything you do to relieve a cold's symptoms will only prolong it. It tends to interfere with your body's healing process.

Of course, some diseases are easier for your body to handle than others. That's why your best defense is a good offense and you need to take an active part in your health rather than expect your doctor to fix things after they go wrong. In most cases, he really can't fix much and anything he does will depend on your body's cooperation, anyway.

Lawrence Stepanowicz, ND is a naturopath and publisher of Practical Health. For a free subscription and a free copy of Jon Barron's "Lessons From The Miracle Doctors" visit <http://practicalhealth.net>



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