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**How to Benefit from The Mind–Body Connection**

**By David Snape**

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Dr. Bernie Siegel, author of "Love, Medicine and Miracles" was once a distraught surgeon who fretted over his inability to effectively serve his cancer patients. Dr. Siegel's recognition and growing understanding of the mind–body connection eventually allowed him to serve his patients and himself in a greater capacity.

Bernie writes in his book, "When a doctor reports amazing improvements in a patient's condition, he or she almost never mentions that person's beliefs and lifestyle, but when I inquire, I find the patient always has made some drastic change toward a more loving and accepting outlook. The patient seldom tells an unreceptive doctor about this, however."

When the person's mind changed, the state of their health changed. Hence, the importance of the mind– body connection.

However, just covering up the surface with positive thinking isn't necessarily going to help. It's like cleaning out a house. The dirt and filth has to be removed and the stale air replaced with fresh air. There has to be a fundamental change for real healing to take place. Surface level, 'positive thinking' isn't going to effect this kind of change, just like lightly dusting our homes won't get the real dirt out.

So what are the dirty and stale things in our minds? Well, they could be things like grudges, prejudices, anger, resentment and hate. One spiritual principle from religion talks about "loving your enemy". That can't be done without giving up hate. By giving up something bad, we can make room for something good to come in and may, as a result, see a corresponding change in our bodies.

The problem here is that many of these bad things are buried and hidden and we won't necessarily see them or recognize them in ourselves. We can be certain that they are there though, it is a virtually inevitable consequence of living in a world that is so focused on selfishness and less concerned with "loving" others.

## How to Benefit from The Mind–Body Connection

So in order to find these bad things and eliminate them requires introspection, it requires looking at oneself hard and long. However, there is still a problem. When we are searching within our minds, we have to have a standard to do the comparison with. Otherwise, how will we find anything? How will it stand out?

Let's look to one of the greatest thinkers of the Western world, Socrates. What did Socrates do with his life? Didn't he teach others about virtue? Interesting, isn't it? One of the most influential people in western thinking emphasized virtue to his students. Socrates talked about things like absolute goodness, beauty and truth.

If someone as great, as well loved and respected as Socrates thought these things were important, perhaps therein lies the key to the mind–body connection. To live a truly healthy and worthwhile life, maybe virtuous thoughts like truth and goodness are what our minds should embrace rather than the

negative things modern life finds us clinging too.

Remember what Bernie said, "I find the patient always has made some drastic change toward a more loving and accepting outlook." When we embrace truth and goodness, the beauty of life and this vast universe that we live in becomes evident. That is when we can heal our bodies. Real healing happens in the mind.

This article is for information purposes only, it is not meant to diagnose, prevent or treat any illness or health issue. If you have or think you have a health condition, please visit your primary–care physician immediately.

Dave Snape is a health, fitness and wellness enthusiast. He maintains a website on that theme:

Dave also practices Falun Dafa:

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### **Addiction to Thinking**

**By Margaret Paul, Ph.D.**

Randall sought my help because he was stuck being miserable and had no idea how to get out of his misery. In his life he had experienced moments of great joy and sense of oneness with all of life, but those moments were infrequent. He wanted more of those moments but had no idea how to bring them about.

Randall is an extremely intelligent man, but in some ways he was using his own intelligence against himself. The problem was that when Randall did have those brief moments of true connection, he immediately went into his mind to try to figure out how it happened. The moment he went into his mind, he lost the connection that he so desperately desired.

## How to Benefit from The Mind–Body Connection

The reason Randall went into his mind was that, as much as he wanted the joy of deep spiritual connection, he wanted something even more than that – control over that connection. Randall's ego wounded self believed that he could control the connection with Spirit with his intellect – if only he could figure it out then he could control it. The last thing Randall wanted to do, which is what is necessary to connect with Spirit, is to surrender his thinking. Randall was deeply addicted to thinking as a way to not feel his inner experience. Thinking was his way of controlling his painful feelings, such as his aloneness, loneliness, and helplessness over others and over his spiritual connection.

Many of us are addicted to thinking. We believe if we can just figure things out we can control others and the outcome of things. We want to control how people feel about us and treat us by saying just the right thing – so we have to think about it over and over to discover the right thing to say. This is called "ruminating." Ruminating is obsessively thinking about something over and over in the hopes of finally coming up with the "right" answer, the right thing to say, the right way to be to have control over others and the outcome of things. Ruminating is also a way to have control over our own painful feelings, which is what addictions are all about.

In my work with Randall, he would immediately go into his head and analyze what was happening in the session the minute feelings came up. Over and over I would bring him out of his head and into his body, into his feelings. His feelings were so terrifying to him that he could only stay with his feelings for a few moments before he was back into his head – explaining, figuring out, intellectualizing. He was so terrified of the soul loneliness and aloneness he felt that he had learned to avoid these feelings with his mind. Yet until Randall was willing to feel his painful feelings, which had been there since childhood, he couldn't stay out of his head. As long as his intent was to control his pain rather than learn from it, he would not be able to move into the spiritual connection he so desired.

The purpose of all of our addictions are to avoid pain, especially the deep soul loneliness that we all feel in this society. The problem is that our disconnection from our feelings – which is our Inner Child – creates aloneness as well. Our feeling self, our Inner Child, is left alone inside with no one to attend to the painful feelings. It is only when our desire is to learn about how we may be causing our own painful feelings that we open to our inner experience. Our desire to learn also opens the door to our spiritual connection, which we cannot feel when our intent is to avoid pain with our various addictions.

It took Randall many months to be willing to feel his painful feelings, but he discovered that when he finally had the courage to feel them, it was not as bad as he thought. In fact, when he was no longer abandoning his Inner Child by going into his addictive thinking, he no longer felt alone within. Connecting with himself allowed him to connect with Spirit more and more of the time. Rather than getting there through thinking and trying to control it, he was getting there by being present in the moment with his inner experience – surrendering to the moment. Randall found that while he could not control others and the outcome of things, he actually did have control over his misery – by choosing the intent to learn rather than protecting against pain. While he couldn't control Spirit, he did have control his own intent, which eventually led to his being able to connect with Spirit.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?" She is the co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course:

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