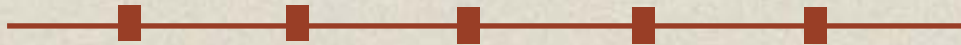


Be Your Own Medicine

By Janet StraightArrow © 2004



Our normal human condition is health, happiness, truth, beauty and light. So, why are so many people sick, unhappy or old before their time? Ancient societies lived longer lives. Some remote villagers even today live well into their 100's enjoying healthy, productive lives. How did we forget? Why does living in "modern" society age us and create disease?

More people than ever are taking drugs for everything instead of discovering and allowing natural self-healing to occur. Often we cut things out or cover them up and expect a "cure"? In today's world we are hypnotized into a quick fix. How unrealistic is this? Take a pill, have some therapy, and a lifetime of abuse to your "vehicle" will go away in a few days or maybe two weeks. It has taken years for our bodies to break down and stop working efficiently.

Going to the cause of things makes sense. What makes our bodies go out of its natural self-healing alignment? We are so educated as to what is poison for our bodies, mind, emotions and spirit, yet we continue incorrect behaviors and have more diseases and depression and pain than ever before. Decontamination and making wise choices are major tools to promote and create health and wellness. So how do we begin?

Listen to your body. Our bodies tell us what they need and what is not good for them. For instance - people complain, "When I drink alcohol, coffee, milk or soda my body reacts. They may continue to drink these things forget and wonder why they feel tired, in pain or get sick? Then they go to a doctor and demand a diagnosis of a "dysfunction" and a pill to stop the symptoms. This prescription has several side effects that begin to create other problems and it goes on and on.

Wisdom would allow you to notice your body and listen to it. "Oh, my body is telling me not to drink these things." Instead you make better choices, water or hot water with lemon or juices. Your body is grateful and calms down and you feel lighter, peaceful, energetic, clearer and happier.

Curiosity about what might have created problems will lead you to solutions. The current illusions about, "not enough time" keeps many from stopping long enough to pay attention and discover and change the patterns and behaviors that create dysfunction and disease. The truth is you will have much less time if you don't pay attention.

You are what you eat, think, say, drink, breathe, focus on and create. Look at what you take in and act on. See where you are inviting dysfunction, disease and pain. Stop committing sorcery on yourself. Do not say things like; "I am dying." "I have a bad back." "I am tired." Or "I look terrible today." Your body believes what you say. People place these words on themselves and yet they wonder why they look and feel so poorly. You are the creator of your life. What are your words, actions and thoughts creating? Where are you taking or not taking action to create health? Where are you allowing or not allowing yourself to experience happiness? Are you enjoying life and appreciating the beauty? Do you even know and act on truth? How can I clear the dark from my life and be the magnificent light that I am?

Look into these thoughts and questions. Write down your answers for each one. Commit to making healing changes in your life. Focus on creating health, happiness, beauty, truth and light and you will become that.

Go into a quiet space daily. Breathe slowly and deeply in through your nose and out through your nose for ten to twenty minutes. From this quiet space ask for help to be aware and make positive healing changes in your life.

When you take action for your benefit, the universe supports you 200%. Today is the first day of the rest of your life. What kind of life will it be from now on? It is up to you. Enjoy! Create! You are worth it.