

## HEALTH AND LONGEVITY

Since I have been blessed with great health and stamina most of my life and truly had little interest in the physical workings of the body I find it ironic that I am sitting here writing an article on disease and ageing. But I made a decision to become a healer many years ago and, despite myself, learned about the connection between body, mind and spirit. It didn't happen right away. The first person I ever worked with professionally had cancer. I didn't know or understand anything about cancer at the time but I did notice that the person I worked with and the clients in poor physical health, who came after, had a lot of anger and tremendous resistance to forgiving their past. At that time, I worked mainly with energy and though I could feel the energetic blocks I was unable to move them. I didn't know how to help them.

After some years of working with energy I learned to communicate with the Higher Self. Through each session with the Higher Self my clients and I were lovingly and patiently taught that ageing and disease have everything to do with our mind and spirit as well as our body. According to the Higher Self having a body is a big responsibility and one we very often take for granted. At best, we regard it as a source of pleasure and pain and a somewhat reliable if demanding vehicle we need to service everyday in order to keep running. When we decided to incarnate in physical form we agreed to certain conditions. Basically, our bodies would need air, water, rest, exercise, stimulation, and nourishment. Then, some of us wanted to experience the body in unique circumstances and created a host of physical infirmities or attributes to express different aspects of the physical. With the decision to manifest in dense physical energy we also decided that our bodies would carry the memory of everything that ever happened to us as well as all the information we need to heal, evolve and prosper.

Our bodies communicate with us about the work of our souls. But the problem is many of us don't connect the two - as if they are separate and distinct parts of ourselves. Unless we pay attention to the messages the body is sending we ignore direct communication from our Higher Self and our soul. When our chest aches, do we ask ourselves what is blocking our hearts? What are we not expressing when we suffer a sore throat? Who are we angry with when we have liver problems? If the left side of the body is in constant discomfort, have we dealt with our feminine, receptive side? And that injury to the right foot - where do we stand with our fathers? When our head aches do we recognize we are spending too much time in our heads, perhaps over-intellectualizing? Over and over again, I have witnessed the miracle of the Higher Self as it communicates with a person about the pain in his/her body, where it comes from, why it was created.

One of the most prominent and conspicuous messages that I have received from the Higher Self is this - **We create physical problems to force ourselves to stay present!** In just the last few weeks I've heard the Higher Self give this message to four separate people who were complaining about minor to serious pains in different parts of the body. When we try to leave our bodies, the aches and pains remind us first, to come back to ourselves and then to explore what the real source of the pain is. A person leaves his/her body because of discomfort, whether it is physical, spiritual or emotional. We all can recognize certain moments when we have escaped being present, when something feels so uncomfortable that we disappear into another "zone". Though it's a great temporary relief from stress, anxiety or pain, for many people it is a normal,

habitual occurrence, so normal, in fact, that we don't know we're doing it. How often have we had conversations with people and we're not home? Or driving? Or doing an ordinary task? When I was a young mother, before I ever heard the word "healing" I escaped plenty. My children could hardly get my attention as I was so often focused on the past, the future and anything but the present to avoid the pain I didn't even know I had. I carried a store of negative beliefs about myself and my family paid the price of my not being "present". I managed to escape serious physical problems because of an equally strong belief in my own physical health, but, in retrospect, my Higher Self was certainly trying to get my attention in other ways.

How often do we feel totally present in our relationships, our work, our play, and our creativity? Staying present isn't easy as those who practice it will tell you but if we are not present most of the time, we are avoiding something and our bodies will let us know. If we don't stay still we cannot feel what the Higher Self is telling us about ourselves. Over a prolonged period of time that denial will create discord in our lives and ultimately disease and ageing.

Some people in deep distress say that they feel nothing, no pain, just emptiness. They've tried to make the connection with the Higher Self but they say they get no response. Before the Higher Self can heal It has to know that our consciousness is participating. In other words, we have free will, the choice to allow the healing or not. Why would we make the choice not to heal? Because we fear the truth. We fear the suffering we believe we will experience if we allow ourselves to be vulnerable. A client recently asked me "if the Higher Self can do anything how come It can't heal me instantaneously?" The Higher Self can accomplish anything but we still have the last word. We wrongly believe we are guilty or unworthy and created the ability to block out the truth. There are plenty of examples of "instantaneous" healing; in fact they are so unusual people write books about them. A person gets into a car accident and has a near death experience only to see themselves in a whole new "light" upon reentry into the physical. The Renaissance painting of Saul becoming Saint Paul after being struck by a bolt of lightning comes to mind as well. But those experiences are not what most of us choose. We like our healing to be gradual.

You may ask how ageing factors into the denial of self. Doesn't anyone wonder why people are programmed to die in their 70's or 80's. Couldn't we live to be 200 or 400? My grandmother, the dearest person in my life, told me that she would die at 84 years old. I asked her how she knew and she told me that every one of her siblings died at that age so she would also. And she did. She had programmed herself to die at 84. My mother hated the idea of ageing. For years she told me she didn't want to be 70. At 69 years and a few months she passed on, just after telling my sisters to cancel her hair and nail appointment for the next day. Everyone has a story about someone they knew or heard about who died exactly when they wanted to.

I have a very close and wonderful friend who has defied ageing. Though nearing 80 years old she looks 25 years younger in every way. She's also one of the most beautiful women I've ever met and continues to be. She refuses to tell people her age because they have a difficult time believing it and start to treat her differently. I have had the great honor of spending uninterrupted hours, weeks and months with my friend and now understand how she has found the fountain of youth. She carries no bitterness! She is positive in every way. Though she has had breast cancer and lost a child and suffered what most of us suffer she has worked consistently over the years to overcome any bitterness. She faces her fears and works with her Higher Self on a regular basis.

When I first began my spiritual journey I read a lot about the hidden "ancient mysteries" that were said to exist in secret coded documents in almost every religion or spiritual group. These so-called mysteries existed to give humans the key to health and longevity if only they could unravel them. The whole idea intrigued and, at the same time annoyed me. What kind of system hides the secret to happiness and only allows certain special initiates access? After talking to the Higher Self for so many years I know that the key is inside each and every one of us. **Our health and longevity is our responsibility. Holding on to negative thoughts and feelings brings illness and premature ageing.** Those two sentences were given to me directly from the Higher Self.