

Healing From Within: Using The Power Of Choice To Improve Your Quality Of Life And Wellness

Each of us has the ability to choose. We can decide what to eat each day, what clothes to wear, what restaurants to go to; we have the ability to choose what we want in life and what we don't want.

Of course, some things we can't choose like what color our skin is, what size feet we have, what day of the week it is, but we do have the ability to choose something that is really, really important.

How We Feel

The practice of developing wellness in our lives shows us that we do have the ability to choose how we feel. We can consciously influence our emotions and ourselves. We can use mental training strategies like self-hypnosis and meditation to encourage certain states and feelings within our minds.

We can choose how to react to a certain situation or to a certain person. We can control our emotions so that we don't fall into negative, degenerative, or destructive thought processes. We can even use the power of choice to heal.

Healing From Within

The power of choice is very similar to the power of intention. When we hold an intention in our minds, we are attracting the result of that intention into our lives. When we make a choice, we are attracting the result of that choice into our lives. Therefore, if we learn to be very aware of our choices, and also be aware of where our choices will lead us, we can learn to remove destructive and negative influences from our lives.

When we remove negativity and destructiveness from our lives, we feel an all-pervading sense of wellness within our daily way of life. When we can learn to promote this feeling on a regular basis, the natural result is healing in the spirit.

Healing The Spirit Is Healing Both Body & Mind

The Spirit, the awareness of the entire cosmos, is connected to everything that is contained within it, indeed, they are one. Obviously, that includes you, and me, and everyone else. Therefore, when the Spirit is encouraged to heal, meaning, when healing is promoted within ourselves and without ourselves, naturally we experience healing on all levels.

But what does healing mean?

Healing or more specifically spiritual healing does not actually have anything to do with physical health. I know this may shock some of you, who are reading this, but it doesn't and it's actually pretty obvious why not when you can see the big picture.

For example, a person with a terminal illness can still have a very powerful and aware spirit.

A person who is incredibly fit and healthy physically can be completely negative in their minds and still practice many destructive forms of behavior.

Indeed spiritual awakening occurs to many people who are on their 'death-bed' so what are we talking about when we use the term 'healing'?

Healing, In Reality

Having a complete awareness of what we are, knowing that in reality everything is okay, and understanding our position and function in life, that is what real healing is about. On the other hand, there is suffering.

Being lost in life, being confused about what is real and what is not, being angry and traumatized by past experiences, holding onto judgements and opinions about people, things or places which leads to a feeling of separateness, these things are all in the realm of suffering.

True healing can only occur when all of these things are overcome, when suffering is brought to an end inside our hearts. In reality, true healing and true spiritual wellness can only occur when the source of our suffering has been extinguished.

The Result

We have the ability to choose whether or not we suffer. By choosing not to suffer we are encouraging healing within our spirit. When healing is encouraged within our spirit, this has the natural effect of developing inner peace within our heart.

To truly heal, to remove all of the anguish, all of the confusion, all of the aggression, all of the conflict, all we have to do is make a choice, a choice not to suffer, not to feed our problems, but instead, to take away the source of their inspiration.

Only we can do that for ourselves.

If we can choose not to promote suffering in our lives, naturally this has the effect of promoting greater quality of life and greater health. But even if our physical health is bad, as will be the case with most of us as we age and grow older, we can still have a mindset that doesn't experience this as suffering, but simply sees that it is a part of the natural way of things.

For those of us who have health problems in our younger years, by making the choice to stop doing anything negative or destructive, we can encourage greater physical health as well as mental and spiritual health.

In order to do this, all we have to do is make a choice. What will you choose?