

TAKING RESPONSIBILITY FOR YOUR HEALTH

Laozi gives the key to emptying and quieting the mind so as to be able to see ourselves clearly in Chapter 16 of the Dao De Ching.

He wrote that to attain the highest level of openness, the climax of emptiness, we maintain the utmost quiet and become a part of all things so we can perceive the cycles of return.

One way to understand this is that by listening within to our body's kinesthetic response, by observing what our emotions are telling us, we have valuable information about our interpretation of our internal and external worlds. We have gained perspective.

We then use our minds to accept what is and cooperate with the situation, mentally change a belief system that impacts our reaction to the situation, or physically move away.

Why is this important to our health?

If an emotion or belief system is strong enough and has enough duration, it will set up physiological patterns that produce signs, symptoms and illness if detrimental, or abundant health if in accord with who we are.

How can this be?

The body, its function, its health, its dis-eases are reflections of the inner consciousness. Illness doesn't just happen to us, for no apparent reason. It is 'us doing it to us'. We are not victims to an external world. We certainly do not like pain and suffering, but ultimately it forces us to go within, looking for answers.

The chapter goes on to say that by truly quieting the mind, we become tolerant, impartial and find we are naturally spiritual. This is referred to as cycle of destiny; our ultimate destination is the realization of our spiritual selves by dying daily to our individual ego nature and merging with our Source.

And then what do we do once we have realized we are naturally spiritual? Five hundred years before Christ, Laozi exalted the highest form of relationship, that of being of service to others.

The evolved individual, he wrote, will put his/her self interests last and thereby finds him/her self in the foremost place. He/she regards his/her body as accidental and the body is thereby preserved. He/she is detached and therefore one with all, and by selfless action attains fulfillment. A fulfilled life promotes health.