

## The Gentleness of Self Healing

When you think about having radiant health, what kind of images come to your mind? How do you imagine yourself in your daily life as a healthy person? Do you see a smile on your face? Enjoying some laughs with your loved ones? Do you see yourself out in nature, moving, maybe walking your dog or riding a bike, or gardening?

When you think of yourself healthy and in balance, it's probably unlikely that you imagine yourself stressed out, eating junk food on the go, or plopping onto the couch after work unable to get up again til you drag yourself to bed, then lying in bed replaying every stressful situation you experienced that day, feeling regret, unable to enjoy a restful night of sleep due to too much worry.

No, harshness, junk food and exhaustion are not what we imagine when we picture ourselves enjoying good health (and happiness). No doubt you would imagine enjoying whole foods that you've prepared yourself, and enjoy with your loved ones. You savor every morsel of the delicately prepared vegetables, herbs, nuts or other fresh food with appreciation for the nourishment and taste. You're not feeling bloated and sick afterwards, but actually have energy afterwards to go for a walk or do a chore.

When a person is experiencing ill health, there is already a sort of war going on within the body (and mind). There is stress, maybe past traumas stored in the body/mind, stagnation of the lymph and elimination pathways, a build up of toxicities and acids in the cells or tissues, digestive imbalances, a lack of adequate circulation and respiration, sleep deprivation, a suppressed or compromised immune system and more.

What is needed is more Gentleness.

**Gentle Eating:** The outer membrane of our cells consist of a semi-crystalline matrix with a specific energy resonance. To match the resonance needed to restore health, organic (non-GMO) food and nourishment must be taken in...foods from the earth, the ground, not a lab, not processed or packaged or contaminated with chemicals, pesticides, additives, colorings, artificial flavorings and preservatives. One may reason that eating processed foods won't kill them. Perhaps not (verdict still out), but they will not restore health. They contain no resonance for cell healing, and since they can cause inflammation in the body, they are harsh, definitely not the kind of gentle eating needed by a sick body in order to restore health.

**Gentle Movement:** You can get your circulation and lymph flowing by enjoyable movement, such as dancing, walking, bicycle riding, swimming or any other non-harsh exercise you find enjoyable.

**Gentle Thinking:** Making your dominant thoughts kind ones, toward yourself and others, can help keep stressful feelings at bay. Forgiving the past lets yourself out of a prison you may not have known you were in. Choosing peace over being right is an act of love for yourself and others. This kind of gentleness is healing, not only for yourself, but others.

Our culture and lifestyle in this country provides more than enough harshness, toxicity and stress. To soften these blows to our mind/body, choose gentleness—gentle foods, enjoyable gentle activities, and a loving gentle way of thinking.