

Natural Healing Express Weekly

Column 286 Listening to Your Body, Part 2

Last week we talked about the “energy” in your body and surrounding your body. For review, your body registers this and works continuously to process to maintain balanced functioning and stability as we work in harmony with the rest of the universe and our environment.

As we learn more about the energy that surrounds us, we need to learn how to take more responsibility on what we choose to expose ourselves to and how we react to exposure that we cannot prevent. We need to give ourselves a little more self-care and self-awareness. Call it nurturing of selves if you will.

For example, a couple of weeks ago someone near and dear to me got exposed to a sinus infection which escalated into bronchitis. Clearly, I could see this coming on and did my best to help him lessen the effect. However, what I did not do was protect myself and head it off at the pass. Healers rule number 101. Very similar to crisis action plans, put your oxygen mask on first, because if you can't breathe, you cannot help others.

It is easier to blame a cold or a virus on not feeling well than it is to acknowledge that one has bad sleep habits, too much stress or eating a lot of junk food. I always look at this as an opportunity to learn more about my own body. Why did I end up with bronchitis when I easily could have stocked up on immune blend and my mushroom formula and prevented the occurrence? Why didn't I listen to the energy surrounding my body and follow through on my intuition?

The reasons behind this behavior get pretty interesting if you are willing to take an honest look and “own your crap” as I like to put it. If you take a minute to think this concept through, you will see the wisdom behind it – Everything Negative has a positive “opposite” hidden within it. So, what does that mean? Given most circumstances that you create for yourself it is not really a bad stroke of luck or a form of punishment that makes you fall ill. All forms of illness serve as opportunities to learn more about yourself, your body, your past and the way you choose to live your life right now. Illness can often lead to a heightened sense of awareness if you CHOOSE to see it as a challenge to move forward in your life rather than it being a nuisance or a crisis.

So, if I were really and truly owning my crap and telling you all the whole naked truth it would go a little something like this. I didn't protect myself against the bronchitis because I subconsciously didn't want to. It is quite possible that in my subconscious brain, it knew that I needed to slow things down a little bit – as only having your oxygen cut down can do. It also knew I needed a few more “Kleenex breaks” and needed to actually sit at my computer and get some research done as I was paying far too much attention to our Grand Opening and of course didn't want to “sit”. So, like Bill Engvall used to say , “here's your sign” ...Only it was more like , “here's your bronchitis”, because right now, you have been running too hard for too long and things are going to go big time sideways if you don't slow your butt down. And, you haven't heeded any of your body's other warning signs, so....well, “here's your bronchitis”..

This type of sensitivity requires an open mind. It also requires a heart able to listen and follow the rules that God and nature have already laid out for the smooth and effortless functioning of the body.

You see, had I just slowed down on one of ten other times my body and the energy around me had cautioned me to do, I probably would have walked right through this incident without harm as I have thousands of times previous. As a healer, I am exposed to something every day and probably many things per day. I am in hospitals, stadiums, clinics and my practices on a weekly basis, so I am usually adept at being cautious. But, nope, not when it came to our own Grand Opening and getting everything done. DUH. This only proves self-awareness with bad judgment. And, I paid the price.

Messages from God and Nature are direct and need no intellectual interpretation. In fact, trying to figure things out on your own, going against the grain and trying to figure out everything intellectually can actually steer one away from the ability to listen to the inner knowing, inner spirit, intuition and Holy Spirit already bestowed upon you. Don't make that choice.

The wisdom of how to live a healthy, happy life is intrinsic to the body, mind and spirit of us all. God bless!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

