



The choice TO BE WHOLE

Embracing health and well-being

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MOST PEOPLE TEND TO UNDERSTAND THEIR LIVES

as ruled more by happenstance than by choice. It is as if your world is something that you were randomly dropped into and you therefore need to simply react to and manage as circumstances unfold. This belief results in you either being swept along by whatever happens to arise in your consciousness or gets triggered by something outside. If you live by this belief then your experience of life would be that life happens to you rather than you being able to choose your participation and role in the creative process of shaping your world.

Not many see life and circumstances as something that you constantly participate in and actively co-create with others. Shaping your world is a creative co-

evolutionary process in which you actively participate. Your experience of your personal narrative is formed by the way you give meaning to, interpret and emotionally respond to what arises in your awareness from moment to moment. Your experience is shaped by your responses that create your inner landscape. Your inner landscape influences your perception of and responses to the landscape of outer reality.

This reality can be seen very dramatically in the way that some people respond to health challenges, especially ones that are potentially life-threatening. Consider the typical language that people use to describe the presence of the illness in their lives. There are metaphors that imply prognosis like malignant or

terminal, or that gives power to the illness, like being struck by a condition, being a victim of a condition, “falling ill”.

WHOLEHEARTED LIVING

When you embrace this idea, you will easily grasp the idea that healing yourself begins when you fully and wholeheartedly appreciate and embrace your experience, your humanity and your life. The overriding challenge is not to deal with illness or the prospect of one day dying, but the prospect of living appreciatively by wholeheartedly embracing life to the fullest.

When you embrace life to the fullest, you create ecology that affirms and supports well-being, health and vitality. In this ecology, anything that undermines vitality and wellness would be unwelcome. The appearance of something that is unwelcome in an ecology is an indication that something essential to the health of the system is missing. When the ecology is in balance, then only healthy, positive vitality and life-giving energy thrive in that world. So you need to look at your life as an ecology and think about creating a life where only good will survive and every other aspect of life that is not to your benefit would be unwelcome.

UNFINISHED BUSINESS

An essential part of creating the ecology of mind is also getting rid of unfinished business. Unfinished business means anything that is unfinished from the past. These can be grudges. They can be unfinished tasks. They can be relationships that have broken down and never been

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healed. They can be feelings you've never allowed yourself to fully experience and process. For example, feelings of grief from earlier parts of your life or feelings of resentment.

Examine your past and discover if there is any resentment or guilt, anger or recrimination, regret or bitterness, inflexibility or stubbornness that you have been harbouring. Examine your future and see if there is anything that you fear or feel unworthy of having or achieving. You need to free yourself from unfinished business and in so doing reclaim your well-being.

Anything that you refuse to let go of, whether you are conscious of it or not, causes you internal stress and distress, draining your vitality and contaminating your ecology. Whatever negative feelings and whatever unfinished business you have, whatever grievances in past relationships or regrets about past history you have, you need to resolve and let go of those. Because in the sense that is like getting rid of the psychological and the spiritual toxins inside you, which obviously will help your immune system and your body to be stronger because you won't be losing energy with all that negative psychological stuff pulling you back.

EMOTIONAL ENERGY

Metaphorically speaking, emotions are really like energies passing through a conduit, and when you resist them or you avoid them or you don't experience them fully at the time that they occur, then they remain with you and they become like blocked energy. Discomfort of any kind could be described as the experience of your own resistance to sensation or circumstances.

When you experience your emotions fully and allow yourself to embrace whatever feelings arise within you without resistance or judgment, they

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dissipate and pass. Notice how joy passes because you embrace it and allow it to follow its own natural course. That's why ecstasy is much more difficult to re-experience on demand than to re-voke an experience like hurt. A lot of our hurts remain with us because we try to block it out or avoid it. On the other hand, feelings that we have fully embraced and experienced leave us.

All the unfinished conversations, unfinished relationships, issues that you hold on to from the past create in a sense an underground mentality that keeps operating like computer programs working in the background, invisible on the screen but draining energy and compromising resources. When you have all these unfinished issues working in the background, you are not able to be present, fully conscious, open and responsive to the present moment.

Unfinished business also drains energy because you have to use energy to suppress or avoid unfinished issues coming up that may be evoked by something taking place in the present.

FORGIVENESS

Letting go of unfinished business may mean forgiving yourself and, when necessary, forgiving others for issues that are now past. Forgiving oneself and forgiving others may entail making amends to people who have maybe harmed you or allowing people who you've harmed to let you know where you

need to make amends. Forgiveness helps you to let go of the resentment, the obsessive draining inner-commentary, the energy that goes into remembering grudges and keeping distance in relationships that have been a source of disappointment or pain. Remember that guarding someone's prison cell keeps you just as imprisoned, albeit on the outside of the door.

When you dwell on the past and carry issues from the past, you create a process that is like making yoghurt or sour dough bread. You retain fermented issues from the past and introduce them into the fresh present. In so doing, you keep the fermentation going indefinitely. Through this process, you contaminate the present. In so doing, you not only make it merely an extension of the past, but close yourself off to the infinite possibilities for change that exist in the present. When you let go of the past, you experience every moment as a new moment and you're able to use your full energy and attention for the present. Life needs to be lived forward.

RELINQUISHMENT

Letting go of the past may also mean grieving losses, losses of potential that you thought you should have fulfilled in that past, and the loss of what you had hoped your life was going to be in the future. The path to growth is really a path that is paved with relinquishment, with letting go. This means choosing to let go of the past, grieve your losses and move on to fully embrace the present. When you are fully able to bring your full awareness, energy and resources into the now, then you be able to access the infinite possibilities available to you to create your preferred life. ■■

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