

Five Steps to Implement When Dealing With a Health Crisis

If you have had bad news from a medical test, or experienced a rapid health decline you may be feeling lost and confused. The body that you have always depended on to provide a safe and energized vehicle for an active happy lifestyle has now become 'undependable'. Overcoming crisis and setting up some solid coping techniques will help tremendously. What you do with the information you have just received can make all the difference in life extension and reduced pain. You can take an active role in rejuvenating your body, even if you have been told it is not possible to recover.

1. Use your mind and your thoughts for good.

Guided imagery can be useful here. Get the information about what part or parts of your body are functioning at less than optimal. Filter out the meaning making machines that automatically spill all kinds of disastrous future predictions. You can make this mean disaster or you can release yourself from gloom and doom and move into the opportunity presented to you.

2. Important: Turn off the noise of group mind and get into your authority.

When you are listening to the constant chatter of the gloom and doom predictors you are not living in your God state of vitality and joy. You cannot do much in the way of natural healing in this lower or frightened state. Think about how far from joy or love the state of depression or fear feels and understand that the state of pure or agape love is the condition from which your body can begin to naturally heal itself. Fear and depression, overwhelm and anxiety cause you to be in the sympathetic system where you are ready to use your physical energy to deal with the outside world, and give your energy to that which is outside of yourself.

The state of love, joy, ease, peace and serenity is the place where your body, in relaxation can begin to right itself and come back to a natural healthy condition.

3. Take an active role in your wellness

I did so well personally during my time of extreme illness because I didn't think anyone knew more than I did about my body. I knew that I wanted to live. I also knew that I would need help from others to accomplish some of my health restoration goals. I took a very active role in recovery. From exercise and diet to watching funny and inspiring movies to reading books and scripture and reminding myself of Gods promise to me for a joyous life, I actively pursued my good health. I did this as much as I possibly could from the inside out. You must reduce and even dissolve emotional stress during this essential time.

On February fourth 2004 I actually had the angel of death visit me. As he hovered over my dying body, he said, *'it is okay now you can come with me.'* My response, in my delirium was, *'get thee behind me Satan! I know you are not Satan, I know who you are, but I am not leaving, so you need to go.'* Do you know that you can say, go away to the angel of death, and go on to live a healthy vibrant fulfilling life? If you didn't know that before you do now.

Taking an active role in your return to wellness should include

- Learn how to meditate properly. Stilling the mind and activating your healing processes can do a great deal to support your practitioners in helping you achieve your return to wellness. Meditation lowers emotional stress.
- Eat healthy foods. In most cases the illness you have will have been experienced by a person who knows about healing foods, and has written about it in a healthy diet book. For example I have recently read the ph Miracle Diet book that I found helpful in discovering the foods that will best support my recovery from inflammation. With just a little research you can find the books that are written specifically for you.
- Ingest herbs and supplements that support your return to health. If you are not currently working with a homeopathic or herbalist you will find the folks at the local health food store and vitamin shop have a wealth of knowledge and are only too happy to help you learn more. I offer a service to match you energetically and physically with the right supplements and proper dosing 'Own' your body. That means be active and use your body, preferably in ways you enjoy every day.

4. Increase your 'God Connection' and slow down

I love this point, as it is one we often miss and is the one that is most rewarding. Slow down, be still and know that 'I' am God. Is the direction from your divine partner to remember you are as a child of God and one with the divine. To pray and meditate and chant or sing songs of faith and to love and be loved are the perfect ingredients in your recipe for returning to good health. This is a perfect time to learn how to meditate properly.

5. Now take a few moments to reflect on who you are and where you are going.

Take out a pen and paper and answer the following questions

- ***Who would I have to be being to return to health?*** (Take time to right a full description. If you are puzzled by this question, think about what got you to this state.) Examples of answers "I would be relaxed and happy living life in balance." 'I would take life more joyfully and remove the intense pressures of life, so I could be more playful and fun loving.'
- ***What would I have to give up to return to health?*** (ie stressful days, going to bed at 3 am, drinking, smoking etc.)

Next steps:

When you get news that life is not as you thought it should be it is time to look into what programs or behaviors are running you. What is causing the discordance with the healthy you deep inside yourself? How are you missing the Garden of Eden life and how can you find your way back to the garden of love?

To hear our recent podcast (1 hour) richly filled with ideas for healing and health: [click here Your Health Without Limits](#)