



ENCOMPASSING MIND, BODY AND SPIRIT

The gift of learning

by Ulla Jacobs

The mind/body connection is active and working within all of us.

Neuropeptides (small, protein-like molecules used by neurons or nerve cells to communicate with each other) continually supply information from the brain to neuropeptide receptors located within all major organs and cells throughout the body.

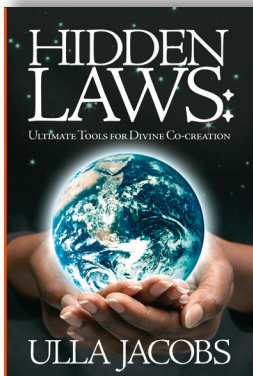
What does this mean?

In simple terms, the body takes direction from the mind. It reacts to the thoughts we emit.

If we think back to a time when we were feeling down or depressed, how did the body feel? Was it full of energy? Probably not.

Traditional Chinese medicine (TCM) teaches that emotions are linked to various organs. For example, the liver is the seat of anger, the kidneys hold fear and the heart responds to sorrow. TCM is based upon prevention and maintaining health, and supports the concept that the universe is made up of energy called Chi. When disease is present, the goal is to address the underlying cause, not the symptoms.

When we are upbeat and optimistic, engaged in some activity we enjoy, our physical well-being seems to support this mind-set. Aches and pains seem to be lessened or non-existent when we are free from worry and anxiety, spending time doing something we like or in the company of loved ones.



Ulla Jacobs has been a researcher for more than 35 years.

Favourite topics include healthy eating, baking, theosophy, universal law, mind/body connection, quantum mechanics and energy healing.

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Does this mean we have to be positive and upbeat all the time?

Of course not.

That would be unrealistic, as everyone has off days.

Where we spend most of our thinking is, however, relevant to our overall health. If we constantly think of ourselves as unwell or ill, the body will continue to supply symptoms of unwellness. It was not until I shifted away from my own illness that improvement came. I concentrated instead on thinking about wellness, deciding that the treatment would have great results because it had worked for others, so why not for me? I decided to be well and my body supported my mind-set. To further support the well-being and in order to maintain it, I made changes to my diet, some of which I explained in a previous issue.

Exploring the principles of universal law gave me further insight into just how far our own involvement takes us, according to the choices we make.

Everything begins with a thought. Then we get to decide which thoughts we will act upon, taking them towards creating a particular desire. This is how we shape our world — with thought, focus and action or non-action.

Deepak Chopra has been instrumental in raising awareness of the mind/body connection and the function of nature's laws. In his words: "The physical world, including our bodies, is a response of the observer. We create our bodies as we create the experience of our world."

This quote speaks to our focus and how we view ourselves, shaping the reality. Again, we cannot be well while invested in continuous thoughts of illness. These two energies are vastly different and incompatible.

Many cases of spontaneous healing exist and have been documented, often labelled as miracles. Were they miracles, or were they aided by the mind/body connection?

"It's supposed to be a secret, but I'll tell you anyway. We doctors do nothing. We only help and encourage the doctor within."

Albert Schweitzer, M.D.

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