



MIND-BODY HEALTH IDEAS

Disclaimer:

In no way does this article suggest that you should refrain from, or abandon conventional medicinal healing methods, or that you are in any way responsible for any illness, I"n. It does not encourage anyone to avoid being human and authentic about their thoughts and feelings. It does not claim to say why any person becomes ill, has their challenge, or what will transpire in their lives. Only The One Above knows this and the real reasons for any given challenge.

Even though prayers, wishes and efforts are for complete healing for all patients and those suffering – holistic self-care can provide, if not full healing, enough healing to place illnesses into remission, bring more ease and comfort, and extend life by years and decades. The aim is progress at all costs!

There are umpteen true-life stories of healing, from minor ailments to life threatening and serious illnesses, from those who have engaged in mind-body healing.

This document is an 'eye opener' for some, and a starting point for anyone who wishes to explore this subject in order to:

- maintain good health
- prevent illness by living more wholesomely and holistically
- use as an aid to curing illnesses, conditions, ailments

It encapsulates very basically:

- What mind-body health refers to.
- Different approaches outlined by some world-renowned healers with some of their suggested techniques – these can be used at times of ill health or on a daily basis to maintain holistic health.
- תורה sources linked to the subject matter at hand.

WHAT IS THE MIND-BODY CONNECTION?

Mind refers to thoughts, emotions, beliefs, attitudes, and images that can positively or negatively affect our biological functioning. In other words, our minds can affect

how healthy our bodies are. Brain refers to the hardware allowing us to experience these mental states.¹

On the other hand, what we do with our physical body – what we eat, how much exercise we do, and even our posture – can impact on our mental state, again both positively and negatively. This results in a complex interrelationship between our minds and bodies.²

Mental states can be fully conscious or unconscious.

Conscious – These are the thoughts, emotions, beliefs, attitudes and images that I am aware of. They can be of love, peace, harmony or joy etc; or toxic such as anger, resentment, unhealthy fear and guilt, jealousy, self-loathing, bitterness, frustration, criticism of self or others, unforgiveness etc. Both the wanted and unwanted emotions can all be experienced in degrees of severity.

Unconscious/subconscious – This is a space in us, like a 'cupboard' that collects repressed emotions that did not have the time to be processed in our awareness. A lady, I personally know of, was suffering from excruciating pain in her back and leg and was awaiting an operation as she literally could not walk. She was walking after three days of carrying out Dr Sarno's method of releasing repressed emotions – and the surgery was cancelled!

When the 'subconscious cupboard' is filled to the brim, it can burst out into physical conditions. This is her analogy, see later for an explanation as to why this happens – according to Dr Sarno.

We can thus collect all sorts of 'inner stuff', both consciously and subconsciously, both positively and negatively.

We can also have emotional reactions to situations without being aware of why we are reacting in this way.³

An example of this is an emotional flashback where even the most neutral everyday occurrences can trigger thoughts and emotions once experienced at some trauma in past years. (See **appendix 1** for suggestions of how to deal with these.)

Each mental state has a physiology associated with it – a positive or negative effect felt in the physical body, e.g. anxiety causes the production of stress hormones.⁴

¹ Patricia Hart, MD, Mind-Body Therapies, <https://www.takingcharge.csh.umn.edu/what-is-the-mind-body-connection>

² Ibid.

³ Ibid.

Boosting the immune system through this kind of self-care, that includes enriched spiritual connection, and healthy nutrition can be life changing and healing – sometimes alongside medical procedures and other times in and of themselves.

“The brain and peripheral nervous system, the endocrine and immune systems, and indeed all organs of our body and all the emotional responses we have, share a common chemical language and are constantly communicating with one another.”⁵

Body, mind, heart and soul; all parts of our being – one whole! Either part can impact on the other – whether mentally, emotionally, physically, spiritually, chemically or sexually.

Many who have approached their illnesses in a holistic way have not only discovered healing, they have enabled themselves to be functionally stronger as well as more robust for necessary, potentially taxing medical procedures. Their lives have changed drastically – in a good way.

“I am grateful for the cancer diagnosis as it taught me how to look after myself and live in a totally different way now.”⁶

After introducing my friend to mind-body concepts, in order to bring her to raised levels of joy and peace within, she shared that she was meant to have a procedure, but was not well enough to have it. After taking her mind-body care seriously, she returned to her specialist some time later, who was amazed by her improvement, enabling the procedure to take place.

The sea of mind-body health is vast – this is just a **tiny** taster of the subject matter for those interested.

WHAT IS THE HISTORY OF MIND-BODY CONNECTION?

Until approximately 300 years ago, virtually every system of medicine throughout the world treated the mind and body as a whole. During the 17th century the Western world started to see the mind and body as two distinct entities. In this view, the body as kind of like a machine, complete with replaceable, independent parts, with no connection whatsoever to the mind.⁷

⁴ Patricia Hart, MD, Mind-Body Therapies, <https://www.takingcharge.csh.umn.edu/what-is-the-mind-body-connection>

⁵ Dr James Gordon (founder of the Centre for Mind Body medicine) as quoted in Patricia Hart, MD, Mind-Body Therapies, <https://www.takingcharge.csh.umn.edu/what-is-the-mind-body-connection>

⁶ Friend of mine

⁷ Patricia Hart, MD, Mind-Body Therapies, <https://www.takingcharge.csh.umn.edu/what-is-the-mind-body-connection>

This Western viewpoint greatly reduced scientific enquiry into a humans' emotional and spiritual life, and downplayed their innate ability to heal.⁸

In the 20th century, this view gradually started to change again. Researchers began to study the mind-body connection and the scientifically complex links between them.⁹

Many people themselves began to experiment with these ideas, reaching healing and helping others to heal too.

"Extensive research has confirmed the medical and mental benefits of meditation, mindfulness training, yoga and mind body practises."¹⁰

Having shared this above quotation, our main focus is to address what Judaism calls סור מרע ועשה טוב (sur mayra va'asei tov) – [first] depart from the negative and embrace the positive! How do we let go of the negative and embrace the positive in mind-body health?

All suggestions are just ideas that one can experiment with.

ANALOGY – DEALING WITH THE NEGATIVE, EMBRACING THE POSITIVE

Imagine having a dustbin and leaving all the rubbish to pile up higher and higher. There is rubbish squashed to the bottom that we don't even see, and rubbish that is more visible. Eventually repercussions occur – not only will there be an awful stench, but soon the bin will overflow; insects and pests are drawn to the rubbish, bringing disease.

Now, imagine wanting to address the problem by placing beautiful flowers on top of the grimy smelly rubbish. There will be temporary respite in the sense that the flowers smell and look beautiful for a while and will drown out the odour, but the rubbish is still there leading to issues.

So too with our bodies, if we are carrying mental/emotional grime, which builds up over time, consciously – or even just subconsciously – we can't just עשה טוב, add the flowers. We need to סור מרע ועשה טוב, remove the grime and then refresh the 'home with the flowers' – so it will be clean and lovely again.

This analogy shows **one approach** of how mind-body work can be related to.

To only say or do positive things for healing, without recognising and releasing the suppressed emotions is in a way like placing flowers onto grime.

⁸ Ibid.

⁹ Ibid.

¹⁰ Integrative Psychiatrist James Lake MD of Stanford University as quoted in Patricia Hart, MD, Mind-Body Therapies, <https://www.takingcharge.csh.umn.edu/what-is-the-mind-body-connection>

FUNDAMENTAL תורה OUTLOOK TO HEALING

We consider statistics and apply them when it comes to looking after ourselves, however, not when it comes to the ultimate cure, as 'ה' decides on outcomes – therefore even if statistics are against one, this is irrelevant. In other words, hope in the true Healer is strong! Healing in 'תורה-thinking' allows for faith, prayer, and spiritual resolutions to be able to 'move mountains'.

Having said the above, we are still to encourage and allow patients and their families, to experience the full thrust of the authentic feelings they may have around an illness, such as fear, anguish, disappointment, regret, etc.

HEBREW WORD FOR PATIENT

The word for an ill person is חולה, which has the word חול contained in it, meaning sand. Sand is fragmented. The word for healing is רפואה, linked to the word תפארת, which means harmonious.¹¹

When our beings are troubled by conscious as well as repressed emotions, that are the antithesis of harmony, peace, love and joy, we are considered fragmented. We can add to our healing, when we realign our beings by becoming more harmonious. (Ideas to achieve inner harmony to follow.)

תפילה/PRAYER FOR HEALING

Our most intimate formal prayer is the שמונה עשרה, in which there is a blessing where we request good health. This blessing includes a voluntary prayer for the health and well-being of others, including ourselves. The words are:

יהי רצון... שתשלח מהרה רפואה שלמה מן השמים, רפואת הנפש ורפואת הגוף ל...

May it be Your will... that You send speedily, a healing which is complete, from Heaven, healing for the spirit and healing for the body for...

The spirit, נפש, is mentioned before the body, גוף. This means that we can have illness within our spirit and our body, that require healing. It can also mean that to reach healing in the body, we need to heal our spirit first.¹²

There is a prayer said every time after being excused, where we thank G-d for our bodies and their healthy functioning.

¹¹ Rabbi Doniel Katz

¹² Heard from Rabbi Marmorstein

ברוך אתה ה' אלקינו מלך העולם אשר יצר את האדם בחכמה וברא בו נקבים נקבים
חלולים חלולים גלוי וידוע לפני כסא כבודך שאם יפתח אחד מהם או יסתם אחד מהם אי
אפשר להתקים ולעמוד לפניך. ברוך אתה ה' רופא כל בשר ומפליא לעשות

Blessed are You, 'ה, our G-d, King of the universe, who formed man with wisdom and created within him many openings and many hollow spaces. It is obvious and known before Your Seat of Honour that if even one of them would be opened, or if even one of them would be sealed, it would be impossible to survive and to stand before You even for one hour. **Blessed are You, 'ה, who heals all flesh and acts wondrously.**

These words are a powerful statement of faith said repeatedly daily.

In Jewish thought, all healers and treatments are messengers from the True Healer, 'ה. Our faith is placed in Him whilst we feel gratitude for and towards His healing messengers at the same time. The stronger we feel this, the stronger our faith.

The following blessing is said before taking medication or engaging in a treatment:

יהי רצון מלפניך ה' אלקי
May it be Your will Hashem, my G-d
שיהא עסק זה לי לרפואה
That this endeavour cure me
כי רופא חנם אתה
For You are a free Healer

The following blessing is said after taking medication or engaging in a treatment:

ברוך רופא חולים
Blessed is He Who heals the sick

SOME RENOWNED HEALERS – FACTS AND TECHNIQUES

Please note that for real life stories of mind body healing you may refer to the books mentioned or explore websites that share these stories such as Chris beat Cancer.

I have tried to include the least amount of information as possible regarding the following healers – for the following two reasons:

- To enable readers to gain a basic fundamental overall picture very quickly and avoid being cumbersome.
- Those who wrote with heart about their experience in detail, from their position of expertise could do so in a way that I could never ever fully encapsulate or do justice to.

On that note, the book titles (in blue) are excellent resources from the experts themselves who share incredible stories of hope alongside their rich life experience in guiding patients.

As you will see, the first three mentioned are actual doctors with specialist qualifications, who are promoting mind-body health. This is comforting, as we are not saying that one ought to avoid medicinal measures in order to progress. There are those, however, who do separate the two.

DR O. CARL SIMONTON, MD SPECIALIST ONCOLOGIST

In [Getting Well Again](#) (*A step-by-step self-help guide to overcoming cancer for patients and their families*) Dr Simonton made a profound and life altering observation in more ways than one. "Why do some patients recover their health and others pass on, when the diagnosis is the same for both?" The following are excerpts from this book.

'Dr Simonton became interested in this problem while he was completing his residency as a cancer specialist (oncologist) at the University of Oregon Medical School.'

'The Simontons are recognised worldwide as leaders and pioneers in mind-body medicine. Their total approach to fighting cancer combines traditional medical management with psychological treatment – to create the most favourable environment, both internal and external, for recovery. And the results have been remarkable; the Simontons' patients have a survival rate twice the national norm and, in many cases, have experienced dramatic remissions and cures.'

'We use the word *participate* to indicate the vital role you play in creating your own level of health.'

'This book will show people with cancer and other serious illnesses how they can participate in getting well again. It will also show those who are not ill how they can participate in maintaining their health.'

Dr Simonton outlines in [Getting Well Again](#), the program currently in use at his world-famous Simonton Cancer Centre in California.

Reid Henson ([The Healing Journey](#)) was healed from leukaemia by following Dr Simonton's methods. This book shows the process of how he implemented Dr Simonton's methods. Printed on the back cover of his book, 'Today, more than 35 years after his terminal diagnosis, Reid Henson is vitally alive'.

The two books mentioned outline the plan. They are exceedingly positive, compassionate and easy to read, as well as clear on what to do.

Dr Simonton's ten tenets form the basis of his approach (see [appendix 2](#)).

DR BERNIE SIEGEL, MD PAEDIATRIC AND GENERAL SURGEON

Dr Bernie Siegel is the paediatric and general surgeon, who in 1978, founded ECaP, Exceptional Cancer Patients – a group where patients came to be introduced to ideas that promote healing, and succeeded in doing so. He actually quotes Dr Simonton's methods in his book and used these methods in ECaP.

In his famous book [Love, Medicine and Miracles](#), Dr Siegel describes in the warmest and most informative way, how to be the best patient for optimal healing in terms of attitude, beliefs, actions as well as interactions with one's care givers. He shares magnificently what is required for the healing journey, and how to be the best doctor to enable healing.

Hippocrates said "I would rather know what sort of person has a disease than what sort of disease the person has".

Dr Siegel writes '...when apparently-terminal patients take control of their illness, they can change, enrich and often prolong their lives far beyond scientific and medical expectation. Also, by reaching out to others, they can alleviate stress and release the body's healing mechanisms.'

Through the healing power of love, patients who came under his care have learned that hope, joy and a positive state of mind can work miracles.

He goes on to describes exactly what this all means.

DR SARNO, MD, PROFESSOR OF REHABILITATION MEDICINE, NEW YORK UNIVERSITY SCHOOL OF MEDICINE ATTENDING PHYSICIAN AT HOWARD RUSK INSTITUTE OF REHABILITATION MEDICINE, NEW YORK UNIVERSITY MEDICAL CENTER

In [Healing Back Pain](#) (*The mind body connection*) Dr Sarno shares that he had found it strange that around 80% of the population had a history of one or more pain syndromes, in particular involving the neck, shoulders, back, buttocks, and limbs. Why had the American back suddenly become so incompetent and why had the

medical profession not managed to stem the epidemic? The increasing incidence of these pain syndromes had created a public health problem of impressive proportions. A 1986 report shows that 56 billion dollars were spent annually to deal with the consequences of the disorder he calls TMS (Tension Myositis Syndrome/Tension Myoneural Syndrome).

He noticed that 88% of his own patients had other tension related conditions e.g. ulcers or headaches. When undergoing treatment, or surgery, eventually the pain would resurface shifting to another area in the patient.

Those prone to TMS are self-motivated and successful. TMS usually happens with the following personalities as they cause stress:

- Perfectionist
- Goody-goody – has to help everybody, can't say no, often stoic
- High achiever – trying to do so much, pressured
- Conscientious
- Low self-esteem/lack of confidence

Steve Ozanich was a patient of Dr Sarno and is now helping others to heal. He writes in his prologue of [The Great Pain Deception](#), that Dr Sarno has shown through decades of research and tremendous clinical success, that pain is rarely ever the result of structural abnormalities. Whether it is in the spine or other body areas, pain comes from a reduction in oxygen flow to muscles and nerves due to unconscious tension, which he refers to as TMS.

Though TMS is induced by emotional phenomena, it is a physical disorder.

Tension – the result of anger buried in the body

Myoneural/Myositis – muscles and nerves

Syndrom – a collection of symptoms

Ozanich says, "It took many years of communicating with thousands of sufferers, and most importantly my own experience, to fully understand that it was loss of awareness of negative emotions that was the culprit behind pain and most ill health. This tension is the result of unknown unfelt repressed anger, more specifically repressed rage. In time I was to learn that tension primarily derived from perfectionistic tendencies."

In the foreword of Steve Ozanich's book, Marc Sopher MD asks, what do Dr Sarno and other TMS practitioners have to offer?

Knowledge.

This is the core of psychosomatic medicine: understanding how the accumulated

stress of life becomes a collective rage in the unconscious. Rage is not acceptable, but physical symptoms are, so the unconscious creates pain to distract us. It is an effective strategy, but one that can be defeated by the application of conscious thought, understanding and accepting the process.

Steve Ozanich once responded the following to me: "As you begin to understand the work at a deeper level you realize the brilliance in it, in that the physical discomfort is the emotional pain. They are the same thing in different time. The physical ailment would be the emotion that is delayed because something necessitated that the person not express themselves. The most common, as Dr Sarno pointed out, was that their parents told them as children that 'children should be seen and not heard'. Another example would be religion or any situation where the person was unable to express their true feelings in real time. And so, that expression/emotion is either repressed or suppressed, or both. And so, it's being held in the body as an unresolved conflict within the person, in the form of disease or pain. So, you can think of the disease or pain as a delayed emotion or an unexpressed truth that is wanting to be made known, but for some familial or societal reason cannot be brought to consciousness. Id-super ego conflict results. That's only one way of understanding it there are many others."

See letter (**appendix 3**) written by a mother whose son was in bed for just under two years between the ages of 18-20 with mono, and healed after a week using Dr Sarno's method. She describes how a patient needs to apply conscious thought to recover and what kind of thinking and speech brings the healing.

See Dr Sarno's List of 12 Reminders (**appendix 4**)

Basically, one needs to see the symptoms for what they are, the symptoms then serve no purpose and go away.

Dr Sarno mentions that since the mind is trying to protect the person from their emotions, it sends a distraction in the form of a symptom. It will trick the tennis player who will get tennis elbow, thinking it is because of his tennis. A סופר in Israel was convinced that his carpal tunnel syndrome was owing to his writing, until someone told him about Dr Sarno. He spent time expressing all the things he felt hurt him emotionally or could have created suppressed emotions and his wrist healed.

Everyday tip – knowing that suppressed rage causes TMS, it is worth it to consider speaking or writing out your answers to the following, 'If I could express anger about what just happened, what would it look like, what would I say?' This way we learn to avoid suppressing by being really really honest with ourselves.

Dr Sarno's do's and don'ts:

- **Do** resume physical activity. It won't hurt you. Talk to your brain; tell it you won't take it anymore.
- **Don't** repress your anger and emotions. Don't think of yourself as being injured, this conditioning contributes to ongoing pain. Don't be intimidated by any form of TMS; you have the power to overcome it.

In his words, 'Holistic means treating the 'whole person' and should be defined as that which includes consideration of both the emotional and structural aspects of health and illness. It is an example of good medicine – accurate diagnosis and effective treatment, and good science – conclusions based on observation, verified by experience'. In other words: holistic is not fluffy, it is robust and wholesome.

Real life story:

I discovered a protrusion on one of the bones at the base of my middle finger. It was as if the bone had become distorted/disfigured. It hurt. When I held the steering wheel or used my hand it hurt. After two weeks I decided to spend some time one night doing inner work in the hope of healing this.

Knowing that Dr Sarno speaks of anger being the root of issues and also from doing my own research to see what fingers represent in mind-body healing, I decided to do the following, even more than he suggests.

I wrote:

- a list of what or who I could be feeling anger towards
- why I feel this way
- what was my problem in the situation e.g. was I people pleasing
- when may I have done the same misdeed, even if on an exceedingly minor scale

The last two points I choose to do in order to reduce the voltage of the emotion plus it helps me to assume responsibility for my part, as well as showing me what I need to address and work on.

I read the lists out a few times. I usually start by saying, "Hashem I am physically hurting (e.g. on the bone of my hand), I want to release any trapped emotions that I may have suppressed. I am writing and speaking them out as I don't want to be carrying these emotions within me".

The next morning, I woke up and my bone had realigned – all fine, pain gone ם"ב.

I know of a lady who shared the following with me (see unconscious/subconscious page 2):

She was unable to walk, had to crawl, was in excruciating pain and was to be operated on her back. She received a call from her relative in the USA who told her that he had such severe back pain that he had to book two seats when travelling as he had to sit at a certain angle to cope and normally could only lie. He then learned about and carried out the Sarno method and was healed. At first, she said, "What is there to share? I have had a good life, nice parents, husband, wonderful children etc.?" Nevertheless, she decided to give it a try.

She chose to speak to her husband rather than speak out alone or write – anything that she could think of that could have caused suppressed emotions, those emotions when one pretends all is fine but beneath the surface one is feeling upset or contrary to what one is allowing oneself to feel. She did not even begin from her childhood. She started from when she met her husband, the second phase of life. Within three days she was walking and the surgery was cancelled. She said that when she feels the slightest pain in the areas that were previously affected, she stops to address her emotions, which alleviates the pain. She shifted to being kinder to herself moving forward.

See TMS: A Healing Checklist: [\(appendix 5\)](#).

LOUISE HAY

Louise Hay had learnt about the power of the mind. When she was diagnosed with cancer at a young age, she realised that there may be a connection between her abusive life experiences and the area of her cancer. She did her inner work together with other holistic practises, e.g. healthy nutrition, and became fully healed from her illness. In her healing process, she even went so far as to investigate the lives of her abusers in order to be able to forgive them, as she recognised that she was only hurting herself from the unforgiveness.

The following are excerpts from her book [Heal Your Body](#) (*The mental causes for physical illness and the metaphysical way to overcome them*):

'Remember, the word metaphysical means to go beyond the physical to the mental cause behind it.'

'This little book does not heal anyone; it does awaken within you the ability to contribute to your own healing process.'

'Now, when a client comes to me, no matter how dire their predicament seems to be. I KNOW that if they are WILLING to do the mental work of releasing and forgiving, almost anything can be healed. The word 'incurable', which is so frightening to so many people, really only means that the particular condition cannot be cured by

outer methods and that we must go WITHIN to effect healing. The condition came from nothing and will go back to nothing.'

'The mental thought patterns that cause the most dis-ease in the body are criticism, anger, resentment and guilt.'

TECHNIQUE:

'The following list of mental equivalents has been compiled from many years of study, my own work with clients, and my lectures and workshops.'

The book then continues with an extensive list of ailments and is divided into three columns:

<i>PROBLEM</i>	<i>PROBABLE CAUSE</i>	<i>NEW THOUGHT PATTERN</i>
The part of the body, illnesses, discomforts e.g. eye, leg, thyroid, cancer, fibroids, sinusitis swelling, blister, pain, itching, infection	Potential mental causes for these. She explored the lives of those who came for various illnesses and ailments and collated the findings	Healing affirmations to replace the unhealthy causes

The following is a good way to use this book when you have a physical problem;

1. Look up the mental cause. See if this could be true for you.¹³ If not, sit quietly and ask yourself, 'What could be the thoughts in me that have (could have) created this?'
2. Repeat to yourself (aloud if you can), "I am willing to release the pattern in my consciousness that has created this condition".
3. Repeat the new thought pattern to yourself several times.
4. Assume you are already in the process of healing.

Whenever you think of the condition, repeat the steps.

For example, let's say one's leg is in agony, you can look up all the relevant categories e.g.:

- Leg
- Leg Problems

¹³ Those like myself, who have benefitted from this approach, have actually written or spoken out in what way the mental causes documented, actually applied to my life, enabling the release of the suppressed emotions.

- Right/Left side of Body
- Pain, swelling, blister, etc.

The following is an example of one of the above

<i>PROBLEM</i>	<i>PROBABLE CAUSE</i>	<i>NEW THOUGHT PATTERN</i>
Leg Problems – Lower	Fear of the future. Not wanting to move.	I move forward with confidence and joy, knowing that all is well in my future.

Do the סור מרע, the getting rid of the negative a few times (e.g. three), by writing or speaking whatever may be relevant to your own life from the middle column of the above.

Then do the עשה טוב, the embracing of the positive, by repeating the healing affirmations (right hand column) a few times too.

Sometimes the ailment can literally leave within a few hours and sometimes it can take a few days, depending on how attached one is to the mental cause and struggling to release it.

Louise Hay felt that loving oneself is at the root of all good health and promoted positive feelings towards oneself. Her phenomenal affirmations are readily available. Often, we don't have the most uplifting words to say from the place we are in at the time. Use her affirmations to replace the toxic ones and to boost ourselves.

The words for speech and thing share the same Hebrew root letters and sound the same. Dibbur (דיבור) and Dovor (דבר). The message is that 'speech becomes the thing'. How we choose to speak to ourselves and about ourselves, both out loud and in the mind, can impact greatly on our lives and healing processes. Positive language leads to positive hopeful living, which is more conducive to faith and healing. This works EVEN when we don't believe what we are saying. See real life experiment carried out by Susan Jeffers Ph.D. (**appendix 6**)

BRANDON BAYS

Brandon Bays healed herself from a football sized tumour, using an array of methods. She was a believer in mind-body health and wanted to prove that mind-body work can heal rather than, in her case, be operated on. She invested in a number of processes and describes one, the journey method, for healing emotional wounds in her book, [The Journey](#).

The following is an adaptation of the journey method that is great to alleviate suppressed emotions and to prevent suppressing emotions.

Sit quietly with pen and paper, preferably in a comfortable space and position.

Write a list of all the feelings you have regarding a particular situation, until you cannot think of any more feelings at all. E.g.

I feel so or I felt so....

- Hurt
- Embarrassed
- Broken
- Unforgiving
- Wounded
- Betrayed
- Etc...

Speak out these feelings thereafter and say why for each one – about three times.

Then, for each one, write next to each feeling, from the bottom up, what your נשמה, that is pure good, would say to that feeling. Everyone would write differently. It must be words that in your deepest self you believe to be true. Example:

- Hurt Hurts can and will heal if I don't allow them to fester
- Embarrassed..... Everyone experiences shame, rather now than one day
- Broken..... My broken parts can heal if I let them and help them
- Unforgiving..... I only hurt myself when I don't forgive someone else
- Etc.

Then read these נשמה/soul-words about three times from the top down. If it is something particularly major, keep doing the process until you have diffused all the feelings, i.e. for a few days

You can sit down and make a list of all episodes in life that caused suffering for you in different time spans (suggested examples below), and carry out the exercise for each to access and release any suppressed emotions that never had a chance to be expressed and may be bursting out of the 'subconscious cupboard'.

- Birth till end of primary school
- High school
- Post high school till marriage or to date
- Marriage till now

This process enables one to release conscious and subconscious pain/stuff, layer by layer and is particularly useful for the deeper harsher experiences of life.

EFT – EMOTIONAL FREEDOM TECHNIQUE

"EFT known as Tapping, is a simple, powerful proven method to reduce anxiety and stress, heal past wounds, release trauma, negative emotions and limiting beliefs."¹⁴ Surrogate tapping is where tapping can be done through the parent, where the child experiences the benefits.

I personally know of a case of success with surrogate tapping, where a woman went for tapping to alleviate her child of anxiety, and it worked.

A friend of mine had an aching arm for days. She could not lift it, which was really impractical and it was also really painful. I offered to go to her house and teach her the sequence of tapping to release any trapped emotions. I asked her to share any thoughts that suddenly pop into her mind indicative of an area of emotion to be released. She did the sequence a few times with her hand, on the other arm, although she couldn't think of any thoughts. (I am not an EFT therapist; we were just experimenting with the technique.)

I suggested that I go home as I may be inhibiting her. She called me a few moments later to say that the most unrelated long forgotten episode popped into her mind. It was when she had gone to a changing room and when removing her coat her mobile phone fell out the pocket and smashed on the floor. 'I was so angry with myself' she said, 'I felt so stupid, and was also concerned that my husband would be upset. But what could that have to do with my arm?'

My response was, 'What was happening in that situation? You were hammering yourself for a human mistake, now think of all the times in your life as a mother, wife, daughter, friend, servant of G-d, that you may have bashed yourself for not being good enough or messing up, and release those emotions.'

She woke up the next morning, with her arm perfectly fine!

HUMOUR

We know that laughter releases endorphins – happy hormones, which are amazing for us. Norman Cousins, who was diagnosed with a serious illness, used humour to heal. He states that 15 minutes of real laughter gave him two hours pain free. He wrote his book [Anatomy of an illness; as perceived by the patient](#) in 1979, engaging in holistic health long before it became more common.

¹⁴ Pearl Lopian, efttappinginstitute.com

(There was a lady who always spoke on the phone for at least an hour. One day she only spoke for ten minutes. Her surprised husband asked her... "Nu? What happened, ... only ten minutes?" Her reply, "Wrong Number!")

SNAPLS

To use when slighted or troubled in everyday situations, in the moment, in order not to suppress. (Shared by a friend)

When anything has transpired that creates unwanted thoughts or emotions. Take a deep breath and carry out the following:

Sense the emotions

Name them and say why they are being felt

Accept them, that it is okay to have them

Place them – say where they are felt or touch the areas where they are felt

Listen quietly to what your deepest soul can say about these feelings

Surrender

Take a deep breath again.

This is good for the everyday 'ouches' that happen in the course of a day. I also ask myself the following too, 'If I was to express anger about this what would it look like?' and speak it out at the '**N**aming' point.

THE 12 STEPS OF AA

Everyone suffers from what we could call spiritual sickness, in one way or another. Those times when our ego gets the better of us... could be anger, irritation, resentment, debilitating fear, selfishness, etc.

There are however those who, when they experience these emotions and general dis-ease, tend to self-destruct with compulsive behaviours – this is called addiction. It is where the individual feels urged from within to seek ease and comfort (e.g. alcohol, food, gambling etc), owing to these emotions.

The nature of addiction is that one can't manage a decision in one's mind, at a certain time, owing to an inability to discern between true and false thoughts around the substance or behaviour of choice. Individuals engage in behaviours and substances in a compulsive manner as a reaction to a 'twisted' thought process. The thought process could have been triggered by situations or circumstances that bring on the above emotions. It could be a general restlessness, irritability or discontent. Addiction is triggered in different people in different ways.

The 12 Steps is a phenomenal, outstanding method to alleviate built-up emotional stress and tension – linked to G-d-consciousness and healthy humility; spiritual healing. There are many different kinds of fellowships to attend.

It is the most remarkable method of dealing with emotions and situations as they crop up and learning a 'new design for living' 24 hours a day. All of humanity can gain from the steps, not only addicts, for spiritual, mental, emotional, and physical healing.

The 12 steps train a person to live a spiritual 'design for living', in the present moment.

HORMONAL CHALLENGES

Some women or girls may be challenged with debilitating symptoms whilst having to navigate other conditions. Please see our website www.hormonalhealth.org for helpful information to address this area of life, if need be, at the different stages of a person's life span. It could make the healing journey so much easier.

HELPFUL ATTITUDES INSPIRED BY תורה SOURCES

- בטח אל-ה' בכל-לכך ואל-בינתך אל-תשען (משלי ג, ה)
Trust in 'ה with all your heart and do not rely on your own understanding.
Even if the odds 'seem' against one, this does not matter – trust can 'move mountains'.
- אין חבוש מתיר עצמו מבית האסורים (ברכות ה:)
A captive can't free himself from prison
When a person has to suddenly rely on others to help them, in any way, it can be very uncomfortable. There are times in life where we need another's support and assistance in ways we may never have imagined (could be financial, practical, domestic, etc.) We need never ever feel bad about this as it is in the fabric of 'ה's world to progress through each other, both on the receiving end and the giving end.
- תלמוד ירושלמי, שבת א:ג states, 'Our sages have said in שבת א:ג, what wisdom made a wreath for its head, humility made a heel for its sandal. All of wisdom cannot approach it'.
'ה's greatest gift to the world is wisdom and yet there is nothing more precious to 'ה than humility. When we humble ourselves to receive from another, we are not only gaining help and giving another an opportunity to give, we are placing ourselves in a position so beloved by G-d.

- Rabbi Houminer¹⁵ states:

A person should never say that "I have what I have because so and so did me a favour or gave me this and that". Likewise, the giver should never say, "He has what he has because I befriended him". The lesson which both parties should learn is that everything is from G-d alone (predestined).

חובות הלבבות states 'Every drop of mercy and compassion that befalls a person is only from G-d, as the verse says, 'That 'ה may show you mercy, and have compassion upon you, and multiply you.' (דברים יג, יח)

So, every time we humbly receive a kindness, we can bask in the warmth of the fact that 'ה wanted us to have this hug/s at this very moment in time. We harbour and express our deep gratitude to 'ה and our generous benefactors, His messengers. He is with us in the good and the bitter times.

- The following seven points are a summary of the seven qualities of 'ה from חובות הלבבות (Duties of the Heart), printed with kind permission of Rebbetzin Moskowitz.

Reading this whenever we feel afraid or worried has proved comforting and helps us to remember Who is in charge – Who runs every detail in this world and in our lives.

I ALWAYS REMEMBER 'ה IS WITH ME

1. 'ה loves me.
2. 'ה is with me wherever I happen to be and He is always ready to help me.
3. 'ה is stronger and smarter than anyone in the world, and has solutions to problems that seem impossible to solve.
4. 'ה knows what is best for me, and better than I know.
5. Just as He has helped me many times in the past, He will help me again now.
6. No one can help or harm me other than 'ה, who has total control over everything.
7. 'ה wants and seeks to do חסד, kindness, more than the most wonderful kind-hearted and generous person I could ever imagine.

¹⁵ עבד המלך (Eved Hamelech) quoting חובות הלבבות in the book Faith and Trust by Rabbi Houminer

THE POWER AND BLESSINGS OF HAPPINESS AND INNER PEACE

Here are two sources in the תורה which allude to blessings that are attributed to happiness and peace.

1

אין השכינה שורה אלא מתוך שמחה של מצוה (גמרא שבת ל,ב)
G-d likes to dwell where there is joy in mitzvos.

Therefore, increased joy comes when we look after ourselves holistically

2

אין כלי מחזיק ברכה לישראל אלא השלום (ספרי נשא ו:כו, ירושלמי ברכות ב:ד)
There is no vessel for blessing like peace.

This applies to both interpersonal as well as inner peace

Please bear in mind that when we allude to these two states, we are referring to what תורה-thinking would call for, e.g.

- Being in these states of joy and peace and different degrees thereof
- Investing to acquire these states
- Labouring not to become distanced from these states, even when challenged

These states require our investment to enable them to become more and more part of our lives and this may be harder at challenging times – in תורה, every tiny drop of effort has value.

When we are carrying out סור מרע, departing from the conscious or subconscious negative stuff, and finding healthier ways to address 'stuff' without supressing, this brings more peace, and peace brings more joy. It's a win-win!

See The 4 Pills For a Happier Life (Strengthening words with insights that corroborate the תורה approach to these states in challenging times) written by Rabbi A Chersky זצ"ל, whose face shone even at an exceedingly ripe old age. He shared the gains from strengthening faith. When we have faith, in essence, we place ourselves in the states of increased happiness and inner peace, opening channels to blessings. **(appendix 7)**

Other spiritual initiatives – **appendix 8**

Other book recommendations – **appendix 9**

Comforting words for patients – **appendix 10**

THE CURRENCY FOR HOLISTIC HEALING

- Willingness
- Making the time to invest – at one's own pace
- Participation – gentle process
- Will to live and make the most of life
- Self-compassion

וברכך ה' אלקיך בכל אשר תעשה (דברים טו, יח)
And 'ה Your G-d will bless you in all you do.

Rabbi S Wagschal, writes in his book [With All Your Heart. A Practical Approach to Bitachon \(Trust\)](#), that according to this source, our efforts are required in order to merit blessings. I would like to add that בכל, in **all, can** refer to both physical and spiritual options.

יברכך ה' וישמרך: יאר ה' פניו אליך ויחנך: ישא ה' פניו אליך וישם לך שלום:

May Hashem bless you and protect you.
May Hashem cause His face to shine upon you and be gracious to you.
May Hashem raise His face to you and establish peace for you.

This article was written and made available as an added זכות (merit) for
the complete and speedy healing of:

■ בשא רשא בת משא ■ מלכה בת רות ■ שרה בת פנינה

Feel free to call +44 161 798 9415 or +44 (0)7594429033

APPENDIX 1

13 STEPS FOR MANAGING FLASHBACKS

by Pete Walker, M.A., MFT

[Focus on **Bold Print** when flashback is active]

1. Say to yourself: “I am having a flashback”. Flashbacks take us into a timeless part of the psyche that feels as helpless, hopeless and surrounded by danger as we were in childhood. The feelings and sensations you are experiencing are past memories that cannot hurt you now.

2. Remind yourself: “I feel afraid but I am not in danger! I am safe now, here in the present.” Remember you are now in the safety of the present, far from the danger of the past.

3. Own your right/need to have boundaries. Remind yourself that you do not have to allow anyone to mistreat you; you are free to leave dangerous situations and protest unfair behaviour.

4. Speak reassuringly to the Inner Child. The child needs to know that you love her unconditionally– that she can come to you for comfort and protection when she feels lost and scared.

5. Deconstruct eternity thinking: in childhood, fear and abandonment felt endless – a safer future was unimaginable. Remember the flashback will pass, as it has many times before.

6. Remind yourself that you are in an adult body with allies, skills and resources to protect you that you never had as a child. [Feeling small and little is a sure sign of a flashback]

7. Ease back into your body. Fear launches us into ‘heady’ worrying, or numbing and spacing out.

[a] Gently ask your body to Relax: feel each of your major muscle groups and softly encourage them to relax. [Tightened musculature sends unnecessary danger signals to the brain]

[b] Breathe deeply and slowly. [Holding the breath also signals danger].

[c] Slow down: rushing presses the psyche’s panic button.

[d] Find a safe place to unwind and soothe yourself: wrap yourself in a blanket, hold a stuffed animal, lie down in a closet or a bath, take a nap.

[e] Feel the fear in your body without reacting to it. Fear is just an energy in your body that cannot hurt you if you do not run from it or react self-destructively to it.

8. Resist the Inner Critic's Drasticizing and Catastrophizing:

[a] Use thought-stopping to halt its endless exaggeration of danger and constant planning to control the uncontrollable. Refuse to shame, hate or abandon yourself. Channel the anger of self-attack into saying NO to unfair self-criticism.

[b] Use thought-substitution to replace negative thinking with a memorized list of your qualities and accomplishments

9. Allow yourself to grieve. Flashbacks are opportunities to release old, unexpressed feelings of fear, hurt, and abandonment, and to validate - and then soothe - the child's past experience of helplessness and hopelessness. Healthy grieving can turn our tears into self-compassion and our anger into self-protection.

10. Cultivate safe relationships and seek support. Take time alone when you need it, but don't let shame isolate you. Feeling shame doesn't mean you are shameful. Educate your intimates about flashbacks and ask them to help you talk and feel your way through them.

11. Learn to identify the types of triggers that lead to flashbacks. Avoid unsafe people, places, activities and triggering mental processes. Practice preventive maintenance with these steps when triggering situations are unavoidable.

12. Figure out what you are flashing back to. Flashbacks are opportunities to discover, validate and heal our wounds from past abuse and abandonment. They also point to our still unmet developmental needs and can provide motivation to get them met.

13. Be patient with a slow recovery process: it takes time in the present to become unadrenalized, and considerable time in the future to gradually decrease the intensity, duration and frequency of flashbacks. Real recovery is a gradually progressive process [often two steps forward, one step back], not an attained salvation fantasy. Don't beat yourself up for having a flashback.

PS An emotional flashback is exactly that, it is not a memory of the experience it is the emotions of the experience being relived.

APPENDIX 2

DR SIMONTON'S TEN TENETS

1. Our emotions significantly influence our health and recovery (which certainly includes cancer).
2. Our beliefs and attitudes influence our emotions, thereby influencing our health.
3. We can significantly influence our beliefs, attitudes and emotions, which can influence our health.
4. Ways of influencing our beliefs, attitudes and emotions can be readily taught and learned, using a variety of accessible existing methods.
5. Our emotions are a strong driving force in our immune system and other healing systems within our bodies.
6. We function as physical/mental/emotional/spiritual beings. All aspects need to be addressed in the broad context of healing, with a different focus based on the particular needs and predispositions of each person, family, community or culture.
7. Harmony is important to health in the individual, in relations, families, cultures, the planet and the universe.
8. We have instinctual (genetic, inherent) tendencies and abilities which aid us in moving in the direction of health and harmony (physical/mental/emotional/spiritual).
9. These instinctual tendencies can be developed and amplified in meaningful and significant ways through various techniques and methods.
10. As these instinctual tendencies are developed, proficiency improves as it does in any learning skill. The result is greater harmony, improved quality of life, significant impact on disease and recovery, better understanding of death, and less pain and fear – which will free your energy to get well and live more fully today.

APPENDIX 3

LETTER WRITTEN BY A MOTHER WHOSE SON WAS IN BED FOR JUST UNDER TWO YEARS

INTRODUCTION TO TMS (TENSION MYOSITIS SYNDROME)

This document was written by Mrs C Kaufman whose son had mono for just under two years and was bed ridden between the ages of 18 - 20. They discovered Dr Sarno's approach to mind body health. He applied the approach and after a week her son was cured. This document is a service to those who wish to understand and implement the idea in a very quick and direct manner. I called her to check the facts. She shared a number of examples of healing e.g. the man who had a back operation which did not help was cured when he used this method. The person who was able to leave a wheelchair etc.....

THE PROBLEM

Nowadays, many people, also very young ones, suffer from illnesses, which are medically hard to understand and therefore also hard to heal. For instance, mono, extreme fatigue, pains for no reason, headaches, allergies, etc. Of course, there are those who have real medical problems and they need to be treated by a doctor. By many illnesses though, the doctor is baffled and no medication helps. These people could be suffering from TMS.

Read more on the following pages about TMS and how to cure it

CURE OF TMS (TENSION MYOSITIS SYNDROME)

Although this is induced by an emotional phenomenon, it is a physical disorder.

The mind is defending us, so it is sending us a physical situation, a distraction.

It usually happens with the following personalities:

- PERFECTIONISTS – which is a big חעלה (advantage), but causes stress
- GOODY-GOODY – has to help everybody, can't say no to anybody, causes stress
- HIGH ACHIEVER – trying to do so much, causes stress
- CONSCIENTIOUS – causes stress
- LOW SELF ESTEEM/ LACK OF CONFIDENCE

These personalities suffer more stress, and also everything has to be perfect. If it does not go perfectly, you repress your emotions of frustration, anxiety, anger, you don't want them in the conscious mind, you are too civilised, too much of a בעל מדות (working on your character traits – too polite), you don't want to face them, so you

repress them, you push them to the subconscious. This is only natural; everybody has repressed emotions.

The blue text is additional information

The cure is:

It is recognising that repressed emotions exist and that the brain is trying to keep us from being aware of their existence through the mechanism of the pain syndrome (or other physical experience e.g. chronic fatigue etc). This is the key point in understanding why the knowledge is the effective cure.

There is a lack of blood flow/oxygen to certain parts of the body and this causes pain or fatigue, etc. Another way to explain it: The subconscious (called the autonomic nervous system) is like a cupboard and when stuffed with repressed emotions, it causes the oxygen blockage to occur.

You have to fully believe it 100%, and stop any other treatment or medications. **Do not do this without medical advice** – this refers mainly to those things one uses that confirms the pain is structural, when it is actually emotional. It is just a distraction. Work to believe it till it reaches your subconscious, be serious, no doubts, by repeating it over and over again, read the book - Dr Sarno, Healing Back Pain

Repeat morning and night, whenever you have time: "I know the מצב (situation)": this is not physical, just the mind creating distractions from the repressed emotions and I am not being distracted and am not going for this מצב." Speak this out to yourself or to someone else, repeat over and over again. "Mind there is nothing wrong with me, this is from my repressed emotions and I am not being distracted, I know the real problem, it is just a cover up, and I am going to fight it and I am going to win. I have no fear."

Be full of confidence that you can get out and will get out and you are not giving in to the subconscious, don't think "What if I fall back?", have no fear! Keep in touch with people who have done this and have succeeded! Repeat at night, "I know what will be tomorrow, it is going to try to distract me, but I am not going to be distracted. I am going to get better. It had better back off. I am perfectly healthy; my body and concentration."

Do this with all your strength and then the subconscious will give up, as it is not gaining anything.

(It can happen that the mind will shift the pain or condition to a different area of the body or a different physical issue, but just repeat the process until the mind gets the message that you are aware of these repressed emotions and are dealing with them)

Example: A child wants a piece of cake, but you don't want him to have it so you try to distract him with a toy. You try and try, but he is not being distracted. So, after a while you give up. The same with the subconscious: if it sees that you are not being distracted with a physical ailment, it gives up and you have won. (Of course this is merely an analogy)

You can programme your mind, e.g. [thinking] that when I lift something, my back hurts, then it will hurt. So instead programme your mind that you are well, etc. You have to believe that you are in charge, not the subconscious. If you give in, you give in to the subconscious.

You **can** overcome your subconscious, it is a מלחמה (war). Now, the subconscious is the מלך (king) and you are the עבד (servant). **You have to become the מלך, the king/boss, and the subconscious, the servant עבד. Say this over and over again to yourself.**

1. You have to recognise your repressed emotion

Repressed emotions can happen from small things that do matter to the person; It is either to do with personality or from situations that trigger. Something is eating at you inside.

We are civilised people and some things are not acceptable like anger, anxiety, frustration. An illness like mono or a wrong movement can be the trigger point. The mind is clever, it has the ailments occur in a way that one can blame something other than emotions e.g. the tennis player will get tennis elbow, the סופר (scribe) will get carpal tunnel syndrome.

When you recognise your repressed emotions, they are not repressed anymore. You are taking away the distraction. You don't have to change your personality style, just recognise the repressed emotions and speak out the truth.

2. You have to stop taking any medications or treatments you are having for your condition. We are **not** suggesting anyone stops taking medications that they have to take, but in Dr Sarno's method, taking medication means your mind is still believing it is physical.

3. Start to take steps, overcome your fear that you can't do something to help yourself. You can do everything, nothing wrong with you. If you think you are going to חליש (weaken), then your subconscious will make you חליש. This is not pushing yourself; this is different, it is a different מהלך (process). Have confidence that you can do it. If you fear or are doubtful, you give in to the subconscious. You have to believe in it 100%. Read the book, talk to people who have done it successfully to be מחזק (strengthening) yourself.

This has to do totally with the mind, which is making a physical problem. The mind is the computer for the body, it sends messages to the body, e.g. sends a message to the arm to lift up (this is the conscious mind). Another part of the mind tells the heart to beat. We can't control this part of the mind (the subconscious mind). The repressed emotions are in the subconscious mind. The subconscious mind sends the blood flow with oxygen to the body. It balances the body. Back pain and other ailments, like stomach not secreting enough enzymes, saliva, even asthma, etc. comes from blood flow that is withheld, deprivation of oxygen (3%). The messages are messed up. **The problem is not the body, but the messages.** Why is it sending these? The mind sets up a defence system.

If you have been successful in overcoming your problem, it is very common for the subconscious to try and distract you with another ailment. Don't let it!!!!

There is another important point taken from the מלחמה (war) aspect mentioned above. Let us take the examples of allergies. The person may have a slight reaction to certain foods and/or non-food matters. Due to repressed emotions, the subconscious mind makes him react severely or even violently to these food and/or non-food matters. After the person instructs his subconsciousness mind to stop causing him these reactions, as he now knows what the repressed emotions are, the severe reactions cease. But he may still have mild reactions, which are not connected with his emotions.

However, this may cause the person to become discouraged and feel that he is losing the "battle". He then gives up and this causes him to lose the fight. Under no circumstances must one give in and בע"ה (with the help of G-d) in the end his efforts will be crowned with success.

When he feels the onset of an allergy attack, he should firmly tell his subconscious to stop causing these attacks. Tell it that as the emotions are no longer repressed, but are in the conscious mind, now there is no longer any point in distractions. My experience is that this stops the oncoming attack immediately and the allergic sensation.

Alongside the above advice, people have written things out about what frustrated, angered, hurt and/or upset them while going through different stages of life. Since suppressed rage is the main issue, they ask themselves, 'what does the anger in this story, situation or moment look like?'. What is it that really upset me?

They express this verbally or on paper. The effects are remarkable, it is as if we face our truth and let it go – allowing ourselves to do away with conflict within our beings.

APPENDIX 4

DR SARNO'S LIST OF 12 DAILY REMINDERS (from his book Healing Back Pain)

1. The pain is due to TMS, not to a structural abnormality.
2. The direct reason for the pain is mild oxygen deprivation.
3. TMS is a harmless condition caused by my repressed emotions.
4. The principal emotion is my repressed ANGER.
5. TMS exists only to distract my attentions from the emotions.
6. Since my back (replace with whatever pain you've got) is basically normal there is nothing to fear.
7. Therefore, physical activity is not dangerous.
8. And I MUST resume all normal physical activity.
9. I will not be concerned or intimidated by the pain.
10. I will shift my attention from pain to the emotional issues.
11. I intend to be in control-NOT my subconscious mind.
12. I must think Psychological at all times, NOT physical.

APPENDIX 5

STEVEN RAY OZANICH, THE GREAT PAIN DECEPTION

Appendix B

TMS: A Healing Checklist

- Do you fully believe that your symptoms are from an unfelt psychological process?
- Do you realize that you have a hidden temper?
- Are you reflecting on what events may be triggering your pain?
- Have you set short-term physical goals?
- Have you forgiven any past grievances?
- Are you safely off any meds that may be triggering your pain through association?
- Are you decreasing your mental chatter through relaxation techniques?
- Are you excited about healing and good health?
- Are you actively imagining yourself as symptom free and happy?
- Are you performing a daily transparent act for its own sake, and not for any other purpose?
- Have you changed your daily routine and habits?
- Do you understand that you have a demanding superego?
- Are you physically moving – oxygenating your system through healthy exercise?
- Are you eating healthily? Hydrating?
- Are you laughing each day at life's absurdities?
- Are you taking a moment each night to be appreciative of at least three things before sleep?
- Are you taking a moment before sleep to visualise a symptom-free vessel for the very next day?
- Are you consciously forcing your mind away from your symptom?
- Are you expanding your lung capacity through conscious breathing techniques?
- Did you get that physical exam in order to destroy any doubt in the TMS process?
- Have you slowed your negative internal language?
- Are you staying socially engaged?
- Have you stopped placating your pain with comfy pillows, chairs and self-crippling gadgets?
- Are you relaxing your healing time frame, ceasing trying too hard to heal too fast?
- Are you sticking to your goals?
- Do you want to heal?
- Are you acting on all of the information in this book?

APPENDIX 6

SUSAN JEFFERS FEEL THE FEAR AND DO IT ANYWAY

[pages 70-71 regarding דיבור דבר message – speech becomes the thing]

I learned an amazing way to demonstrate the effectiveness of positive versus negative thinking from Jack Canfield, co-author of the *Chicken Soup for the Soul* series and President of the Self-Esteem Seminars, which I have used in my workshops. I ask someone to come up and stand facing the rest of the class. After making sure the person has no problems with her (or his) arms, I ask my volunteer to make a fist and extend either arm out to the side. I then tell her to resist, with as much strength as she can muster, as I stand facing her and attempt to push her arm down with my outstretched hand. Not once have I succeeded in pushing her arm down on my initial trial.

I then ask her to put her arm down, close her eyes and repeat ten times the negative statement "I am a weak and unworthy person". I tell her really to get into the feel of that statement. When she has repeated the statement ten times, I ask her to open her eyes and extend her arm again exactly as she had before. I remind her to resist as hard as she can. Immediately, I am able to bring down her arm. It is as though all strength has left her.

I wish I could record the expressions on my volunteers' faces when they find it impossible to resist my pressure. A few have made me do it again. "I wasn't ready!" is their plea. Lo and behold, the same thing happens on the second try – the arm goes right down with little resistance. They are dumbfounded.

I then ask the volunteer once again to close her eyes, and repeat ten times the positive statement "I am a strong and worthy person". Again, I tell her to really get into the feeling of the words. Once again, I ask her to extend her arm and resist my pressure. To her amazement (and everyone else's) I cannot budge the arm. In fact, it is more steadfast than the first time I tried to push it down.

If I continue interspersing positive with negative, the same results occur. I can push the arm down after the negative statement, I am not able to push it down after the positive statement. By the way – for you sceptics out there – I tried this experiment when I was unaware of what the volunteer was saying. I left the room, and the class decided whether the statement should be negative or positive. It didn't matter.

Weak words meant a weak arm. Strong words meant a strong arm.

This is a stunning demonstration of the power of the words we speak. Positive words make us physically strong; negative words make us physically weak. The amazing aspect of this experiment is that it doesn't matter if we *believe* the words or not. The mere uttering of them makes our inner selves believe them. It is as though the inner self doesn't know what is true and what is false. It doesn't judge. It only reacts to what it is fed. When the words "I am weak" come in, our inner self instructs the rest of us, "He wants to be weak today". When the words "I am strong" come in, the instruction to your body is "He wants to be strong today".

What does all this tell you? STOP FEEDING YOURSELF NEGATIVE THOUGHTS. Negative thoughts take away your power... and thus make you more paralyzed from your fear.

APPENDIX 7

THE 4 PILLS FOR A HAPPIER LIFE by RAV A CHERSKY זצ"ל [Author of Joy and Trust booklet]

One can transform pain and worries into happiness and מצוות!

When one is faced with a challenge, take these pills by saying the 4 ב'רוך ה' with thought and real feeling, and you will receive heavenly aid to weaken them or even overcome them.

ברוך ה':

That I have not experienced this difficulty till now

ברוך ה':

That this pain/problem is not any worse

ברוך ה':

That all other areas of my body/life are all right

ברוך ה':

גם זו לטובה – This too is for the good

'A happy heart heals a person from his illness'. (משלי יז כב) / Proverbs 17:22

One must go to medical professionals alongside faith

[Personally, I find it hard to say the last one in some situations, so I use the words, "This too is for the good even though I, myself can't see it this way right now."]

APPENDIX 8

SOME OTHER SPIRITUAL APPROACHES IN JUDAISM

- תפילה (Prayer) – personal and formal
- תהלים (Psalms) – specifically 6, 20, 23, 30, 41, 67, 88, 91, 100, 103, 121, 130
- מזוזה (Mezuza) – Checking for errors and correcting
- תפילין (Tefillin) – Checking for errors and correcting
- כתובה (Kesuba, Jewish Marriage Certificate) – Checking for errors and correcting, as this is the architectural plan of a marriage
- Resolutions particularly in the areas of speech, modesty, שבת (Shabbat)
- צדקה (Charity)
- Asking a צדיק (Tzaddik) for a ברכה (Blessing)
- Praying at a צדיק's graveside
- Also offering to do a סעודת הודאה (Gratitude Meal), that usually includes 10 men, as a thank you to ה' upon receiving the salvation.

APPENDIX 9

BOOKS WITH A WEALTH ON FAITH AND TRUST FROM A תורה PERSPECTIVE

- חובות הלבבות – Duties of the Heart (The chapter שער הבטחון – Gate of Trust)
- Faith and Trust – Rabbi Houminer
- With All Your Heart – A practical approach to Bitachon (Trust) - Rabbi S Wagschal
- Artscroll תהלים/Psalms with English transliteration

ENGLISH BOOKS

- The Relaxation Response – Herbert Benson, MD
- The writings and teachings of Eckhart Tolle – these contain rich ideas for living in the present moment

APPENDIX 10

COMFORTING WORDS FOR PATIENTS

- A doctor once said to a frightened patient, "You are scared of this operation because you don't do this every day. I am not scared because I do, do this every day". She felt so much calmer.
- A husband once told his wife who was undergoing numerous tests that were making her feel fearful, "Tests are not there to find things; they are there to rule things out". This provided such a positive attitude with which to go into the process.
- דאגה בלב־איש ישחנה ודבר טוב ישמחנה. (משלי יב:כה)
Worry in a man's heart bows a person down it but a good word gladdens it.
(Proverbs 12:25)

The מלבי"ם (Malbim) explains there are two ways to deal with emotional suffering to bow it down and suppress it or make himself cheerful by deliberately evoking hope and optimism to counteract it. This has also been explained in another way: It is important to share what is on one's heart, as a problem shared is a problem halved. There are times one can feel so terribly down, in a dark, dark place – times where one can't see one's own goodness and one can wonder – where is G-d in all this?

The following words, so poignantly expressed are for those times...

I looked for my soul, but my soul I could not see.
I looked for my G-d, but my G-d eluded me.
I looked for my friend and I found all three.