

B E T H M O S E S

it's all well & good

AWARENESS • HEALTH • PRODUCTIVITY

awareness ◦ health ◦ productivity

it's all well & good

Beth Moses

Oh Well! Inc.
Bloomington, Indiana



Find *It's All Well & Good* at fine bookstores or order at www.itsallwellandgood.com.
To inquire about workshops and trainings with the author, visit Oh Well!® at www.ohwellinc.com or call 800-776-3871.

For information about The Center for Wholism, visit www.centerforwholism.com.

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The techniques presented in this book are not intended to replace the advice of
your healthcare practitioner or medical or psychiatric treatment. People with medical
issues should consult their health advisors for guidance or modifications on how to
best practice the protocols presented in *It's All Well & Good*.

This book is for all
who wish to have a healthy, relaxed life
and for all who desire some serenity
in an ever-changing world.
For you . . . all readers, near and far.

This book is dedicated to
our oneness on this planet
and to our giving
and receiving of love.



Inside

- ii Message from Beth
- xiii Guide to Healing
 - 1 Massage & Energize
 - 29 Stretch & Breathe
 - 61 Meditate & Relax
 - 87 Reinvent Your Reality
 - 117 Feed Your Soul
- 137 30 Days to Total Enlightenment
- 169 Recommended Reading
- 170 Gratitudes
- 171 About the Author

it's all well & good



It's All Well & Good

***It's All Well & Good* really does work for anybody and any body.**

And since you are undoubtedly in a body, you are privileged in being totally equipped to **master your own healing process**. This seemingly whimsical book will remind you of that privilege through a unique progressive-relaxation and healing plan. In a light-hearted and scientific way, *It's All Well & Good* will prompt you to fit relaxation into everything you do and to turn to yourself first for the healing you require.

Cultivating a **relaxed internal state** throughout the day — which a growing body of research has determined to be the optimum method for stress resilience — produces a host of benefits for your health. Relaxation slows heart rate, calms brain waves, enhances respiration, softens the musculoskeletal system, and

diminishes the biochemical impact of stress in the body. Apparently those relaxation hormones are good for what ails you! But who knew? Most of us have not been educated about the **health benefits** of integrated relaxation, falsely believing that relaxation was something relegated to pre-designated chunks of time.

In other words, if your stress hormones are raging all day and then you rush off to yoga, a massage or meditation, you may not be affecting a deep and abiding shift in your body. Even meditating in the morning and then being a stress ball all day does not cut it. Research is now showing that stress resilience wards off illness and slows aging — and that **attitude** and **perception** play a huge role in the cellular impact of stress on your body.

Stress IS real — some of us may have life situations that are truly challenging. And it is also true that we make stress up. We put imagined pressure on ourselves, we take things personally, and we imitate what our parents did with stress and repeat it, even though as children we observed them and wondered why they behaved like that! So being stressed is a learned skill and we can unlearn it.

The reality of stress is that its bio-chemicals do build cumulatively in your body at a cellular level and most medical scientists now believe that a stunning 70% of all disease is stress-related. But this is all good news! Since **stress is manageable . . .** then disease must be, too.

Fortunately our bodies are **naturally designed** to heal and repair themselves. And we tap into our power to create stress resilience when we authentically listen to our bodies — not just in stolen moments of relaxation or exercise — but as we progress through our daily tasks and responsibilities. Whatever body you occupy, wherever you are located, and whatever you are doing — you can be connected with the inner you at all times. This talent alone will keep you **healthy in body and mind**.

Whether you have practiced these principles for years or have never heard of them, consider this book to be your health companion. Keep it on your desk or any place other than your bookshelf — these strategies are meant to be used! They are presented in short takes and are purposely conversational, not technical, in their instruction.

It's All Well & Good is actually two books in one. **The Guide to Healing**, beginning on page xiii, is what makes this book unique from other texts on health and healing. The Guide is a self-diagnostic tool. It helps you to identify your physical, mental and emotional healing needs as they occur. So that you can develop that stress resilience, you are then referred to a page(s) with healing strategies you can use immediately. The “second” book, “**30 Days to Total Enlightenment**,” beginning on page 137, eases you into some of the deeper truths about wellness in an unpredictable (and very fun) month-long practicum.

The ancient modalities you will find in *It's All Well & Good* (massage, yoga, meditation, mindbody healing and spiritual healing) are being researched and validated by scientists all over the world as the field of **integrative medicine** comes of age (that back-to-the-future thing where the wisdom of the past catches up to the future). It is amusing that even 40 years ago in some locales on the earth, young upstarts discovering the joys of meditation and yoga were deemed “New Agers,” cultists and weirdos. Thankfully, conventional medicine is now catching up and picking up on what ancient cultures (and weirdos) have practiced all along. The evolution of healing sometimes takes its own sweet time. Oh well.

Evolving wisdom also teaches us, through trial and error, that truly we control nothing and no one except ourselves. Many of us may understand this principle intellectually, but truly mastering it could well be the core challenge in life.

Releasing the need to control is one of the biggest lessons of living, but when you commit to managing the world called You, life really does get better, others around you thrive and lo and behold you become **happier!** And **healthier!** Fortunately, this focus on self does not preclude being compassionate and caring with others, nor does it translate to isolation. If anything, it means that your generosity toward others will be more **genuine** (and less co-dependent). So just in case you are distracting yourself from your own life by spending more time managing someone else's — get over it!

Building the life *you* are meant to live is your **true purpose**. No one else is going to build it for you unless you let them — and that simply will not do.

So, no matter what stage of life you are in, periodically check in with yourself and decide: 1) What you wish to **create** for your life, 2) What it is you deeply **care** about, and 3) What **kind** of person you want to be. Find the answers to these basic yet essential questions from your heart and soul, not someone else's, i.e., mom, dad, brother, sister, son or daughter, friend, husband, wife,

dog or cat. Sometimes it is easy to forget that your life really does belong to you.

“That’s all well and good,” you might say! “But how do I remain **deeply connected** with my own life and goals and keep everything in balance — with the world and everyone knocking at my door?”

The short answer: Let the world and everyone in — and breathe your way through all of it! The long answer: Perfect the skill of remaining relaxed within yourself — while the world around you may not be. See that your real goal every day is to **nourish**, to **grow** and to **love** yourself. Science is now validating the healing power of love . . . and who knows? Physicians’ prescription pads could soon read, “Love yourself and call me in the morning.”

When you perfect the skills of healing body and mind, you not only receive the benefits of health, but you gain an inner fortitude to weather life’s ups and downs. You may also find a deeper **confidence** in the belief that everything *is* all well and good — no matter how you may perceive your life unfolding.

Ultimately it all comes back to you taking care of you — whether you are young, old, healthy, ill, man, woman or even child — whether you are happy, sad, rich or poor, in a cubicle or free-roaming, in pain or joy or stressed or depressed. There will be people along the way to help but the **true adventure** is between you and your body.

It's All Well & Good refreshes the skills you already possess to heal and take care of yourself. Incorporate self-healing into your daily universe. Luckily everything you need to get started is right under your nose.

Your breath is your best friend so cultivate the **friendship!** Spend time with it. Feel it, delight in it and let it teach you.

Stretch in simple ways all day long. Massage your body. Teach your body how to feel again from head to toe. Many of us exist as talking heads all day — thinking, thinking, thinking — not sensing and feeling our bodies, our emotions and yes, our souls.

Step into nature. Sink your pinkies into the grass.

Listen to the birdies. **Learn** to just be.

Notice your **thoughts**. Express your **feelings**.

Examine your beliefs about your body and your world.

Opt for the ones that **support** and **nourish** you.

The choices you make now determine how healthfully your body will respond over the course of time. Unifying body, mind and soul is not at all mysterious. It is practical, **exhilarating** and ultimately the supreme approach in realizing wellness and wisdom.

Conveniently, your **innate wisdom** is always just a breath away.



Beth Moses
2006

Guide to Healing

it's all well & good



How to Use the Guide to Healing

The Guide to Healing provides you a master key to unlocking your innate wellness wisdom. Become your own healer. Consult the left column of the Guide to identify how you are feeling, where you hurt or where you are out of balance. Then read and absorb the healing lessons on the page(s) specified for that symptom or feeling. You might be surprised at where you land! Refer to these pages throughout the day.

- 1 Enjoy Life's Flip Side** lists feelings and beliefs you may experience in your life journey. The affirmation under each condition suggests how to “flip” your perspective and gain a healthier view of yourself or your world.
- 2 Master Your Body** offers solutions for physical issues (*listed by body part from head to toe*) and general physical ailments (*listed alphabetically*).
- 3 Read Your Mind** offers ideas to heal mental stress and enhance concentration and productivity.
- 4 Feel Your Feelings** will help you deal with challenging emotions and random bouts of insecurity!

Use the Guide as a comforting option when you are in need of physical, mental or emotional/spiritual healing. Remember that your body and mind will manifest imbalances in order to teach you how to heal them!

Enjoy Life's Flip Side **1**

	Massage & Energize	Stretch & Breathe	Meditate & Relax	Reinvent Your Reality	Feed Your Soul
My life is changing so fast. <i>I am comfortable with change.</i>			68 - 70	98, 100	119, 120, 133
I am hurrying all the time. <i>I can slow down.</i>	25	56, 58 - 60	62 - 63, 79, 81	103, 107, 110	
Whatever I do, it's never enough. <i>I can choose to honor myself.</i>		52	76, 82	89 - 94	118, 127
I don't like my body. <i>I can perceive my body differently.</i>	1	29, 52	72, 75 - 77	89 - 91	118, 131
More time to myself would be nice. <i>I can create time to be alone.</i>			63, 73, 81	89, 107	126
Money is worrying me. <i>I can relax with money now.</i>		34	71 - 73, 76	100, 102, 106	119, 132
I feel like pulling my hair out. <i>It's okay for me to feel frustrated.</i>	12 - 13	30	62, 67	100, 108	121, 134 - 135
I'm having a bad hair day. <i>I can stop pulling my hair out!</i>	18, 24		72	91	
I'm happy and that's scaring me. <i>I can sustain happiness.</i>		55	67 - 68	99	132

1 Enjoy Life's Flip Side

(continued)

	Massage & Energize	Stretch & Breathe	Meditate & Relax	Reinvent Your Reality	Feed Your Soul
I feel manipulated by others. <i>I am true to myself always.</i>	18, 24	40, 55	65, 67, 69	88, 92, 94, 95	121, 129
My addiction(s) overwhelm me. <i>I have the power to change my habits.</i>	34	46	75	96 - 97	
I just cannot let go. <i>I can learn to relax.</i>	18	34, 41, 48	62 - 64, 81	96 - 97, 107	122
I am overpowered by others. <i>I feel equal to others.</i>		52	76, 78, 80	89, 92 - 95	121, 129
Sometimes I feel that I am nothing. <i>I am like a clean slate.</i>					122, 124
I have not found my purpose. <i>I can create meaning in my life.</i>		55	80, 82	88	
Nothing in my life feels predictable. <i>The unknown can be adventurous.</i>			71	90, 98 - 100	120, 133
I am stressed with new responsibilities. <i>I am stretched with new responsibilities.</i>	24		62, 67	106, 108 - 109	121, 130
I need nurturing and touching. <i>I can ask for what I need.</i>	17 - 18, 24	55	67, 73, 79	88	126

1 Enjoy Life's Flip Side

(continued)

	Massage & Energize	Stretch & Breathe	Meditate & Relax	Reinvent Your Reality	Feed Your Soul
I am never "caught up." <i>I can relax with concepts about time.</i>		60	68 - 71, 81	98	119
I'm not laughing very much. <i>I can create more humor and laughter.</i>		55	75	114 - 115	126
I apologize for myself even when I am not wrong. <i>I believe in myself.</i>			76, 82	89 - 92	129 - 130
I'm caring for everyone but me. <i>I am willing to take care of myself first.</i>	24 - 25	56, 60	81 - 82	88 - 89, 107, 110	126, 134 - 135
I feel angry all the time. <i>I can face my anger.</i>				104 - 105	123 - 125
My life is in chaos. <i>I trust it all, no matter what.</i>		52	68, 72 - 73	98, 100, 114	120 - 121, 133
My mate left. <i>I am my own person.</i>			65 - 67, 69	88 - 89, 99 - 100	119, 130
My mate is back. <i>I am my own person.</i>			70	99	119, 131
I never get what I want. <i>I am responsible for what I create.</i>			73, 76, 80	88	126, 130
I want to feel at peace. <i>I am at peace with myself.</i>		34, 48	62, 67, 72	93	118 - 119, 121

2 Master Your Body

	Massage & Energize	Stretch & Breathe	Meditate & Relax	Reinvent Your Reality	Feed Your Soul
■ Head to Toe					
Tension Headache & Migraine	2 - 6, 11	30 - 32, 34	64, 81	103	
Sinus Pain	2, 6, 7	32			
Jaw / TMJ Pain / Throat	8 - 9	32 - 33			
Eye Strain	2 - 3				
Teeth / Gums	8 - 9				
Earache	3, 5, 6, 10				
Neck	11 - 13	34 - 35, 39 - 43			
Shoulders	12 - 15	34 - 36, 39 - 43			
Chest	18	34 - 35, 41 - 42	67		
Arms / Wrists	14 - 16	35, 37 - 38			
Hands	17, 28				
Elbows	15 - 16				
Upper Back Pain	11 - 14	34 - 35, 39 - 43			
Lower Back/Hips	20 - 23	40, 43, 47 - 50			
Sciatica	20 - 21	43, 49, 50			
Legs & Knees	22 - 23	40, 48 - 51			
Ankles & Feet	25 - 27	50 - 51	78		

Master Your Body 2 (continued)

	Massage & Energize	Stretch & Breathe	Meditate & Relax	Reinvent Your Reality	Feed Your Soul
■ Other Ailments					
Allergy/Asthma	7, 18	34, 41 - 43	83		
Arthritic/Joint Pain	11 - 15, 17	34 - 43	75		
Bronchitis/Cough		41 - 43			
Circulatory Problems	17, 25	40 - 41, 51			
Dizziness	3	44 - 46, 54	67, 78		
Fatigue/Low Energy	5, 22 - 23	48, 56, 60	77, 81, 83		
Hiccups	19				
High Blood Pressure	25		61 - 64, 77		
Indigestion/Heartburn	18 - 19	39, 43 - 45	67		
Insomnia	19, 25	58 - 60	64		131
Menopausal Symptoms		58 - 59			
Nausea		44 - 45	78		
Nervous Stomach	24	44 - 46	67 - 78	109 - 110	
PMS/Menstrual	20 - 21	43, 47 - 48, 50	65		
Racing Heart/Palpitations	18, 24	46	67		119 - 121
Snoring	19				

3 Read Your Mind

	Massage & Energize	Stretch & Breathe	Meditate & Relax	Reinvent Your Reality	Feed Your Soul
I am ...					
unable to concentrate	5	60	63 - 64, 79		
thinking too much		48, 53 - 54	64, 78 - 79		
in a creativity block		55, 60	64, 68	110	130
worrying	2	45 - 46	67, 70 - 73	98, 102, 106	119, 121
procrastinating				112 - 113	
judging myself			76, 82	91 - 93	123, 131
overcome with fearful thoughts	18	57	67, 70 - 73	100 - 102, 106	121, 134 - 135
thinking about the past			68 - 70		
thinking about the future			68 - 69, 71	106, 108 - 109	119 - 122
trying to figure everything out		48, 60	64	99 - 100, 107	119 - 120
consumed with what others think of me			62, 74, 76	89, 92 - 93	127, 131
unclear / foggy	5	52 - 53	63, 68, 75	110	122
indecisive			67	100, 112 - 113	120, 126, 130
in analysis paralysis		55, 60	64	98	120
overloaded with information		56, 60	75	100, 110	

4 Feel Your Feelings

	Massage & Energize	Stretch & Breathe	Meditate & Relax	Reinvent Your Reality	Feed Your Soul
I am feeling ...					
anxious/panicky	18	46, 57	65, 73	98, 100, 102	121, 124
nervous/agitated	3	56 - 57	63, 72	100	122
angry		57		104 - 105	125
bored		40	77	114 - 115	118, 128
discouraged/disillusioned			62, 65 - 66, 72	95	119, 121
frustrated		30		90 - 91	119, 133
sad/depressed	24	52	65 - 67, 75	88, 110 - 111	118, 124, 134
insecure/inadequate		52, 55	73 - 76, 82	89, 92 - 93	121, 129, 131
uninspired/unmotivated		60	80	88, 112 - 113	126, 130
alone/isolated	24		67, 74	95, 101	118 - 119, 129
overwhelmed	12 - 13	52, 56, 60	62 - 64, 73	100, 107	130 - 133
sorry for myself			66, 74	115	124, 131
resentful		33 - 34	70	94, 104 - 105	123, 125
ungrounded/spaced out		45, 53 - 54	78 - 79, 83 - 85		
jealous			76, 82		125, 131
untrusting of others			74		119, 123
afraid all the time				95, 102, 106	124, 130
emotionally drained	12 - 13, 25	41, 48	77	100, 107	130
abandoned			76	98	129, 134 - 135
guilty				101	125

Each section of the book includes a two page introduction filled with essential information about the healing discipline covered in that chapter. Only the introduction to “30 Days to Total Enlightenment” is included in these excerpts.

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Massage & Energize

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Massage Puts you

It is no fun when your back goes out. These healing suggestions are for prevention and relief.

1 Try your hand at percussion! With both hands on lower back, gently pound with your fists from buttocks to waist to hips. Breathe sighs of relief.

2 Apply pressure with finger tips on either side of spine from base of spine to waist, brushing upward or applying circular pressure on pressure points bordering spine. This impacts your back, as well as your central nervous system.

Back in the Game.

3 With finger tips, rapidly rub up and down on hips and buttocks.

4 Be proactive, be preventive! Massage your lower back every day to sustain oxygenation, blood flow and healing energy.

The ultimate preventive practice for healing your pain:

Be gentle with yourself and get off your own back.



Now don't laugh at this one . . .
it really works!

On second thought, **laugh!**
It's so good for your
immune system.

With each hand, one at a time or
simultaneously, rub your arms
gently and encouragingly, as
if you were you . . . comforting
someone else. Breathe, of
course. Pat yourself. Give
yourself a little squeeze.

**Reassure and
comfort yourself.**

Tell yourself it's going
to be okay.

comfort thyself

Reflexology is a 5,000 year old science which has been practiced in Egypt, India, China and Japan in various forms. It involves applying pressure to points on the feet, hands and ears to enhance the health of the entire body. Massage of these points reduces stress, eliminates toxins and stimulates the release of endorphins — pain-blocking chemicals — while freeing up the energy flow (Chi) in the body. It is both a preventive measure and a remedy.

Best Rule of Thumb: Rub Your Hands and Feet Every Day!

When you perform reflexology on your own feet or hands, you may come across sore or painful areas. These sore areas correspond to body parts which are in pain or imbalance. The body is so smart that it literally tells you where to rub. Your body is a perfectly designed self-healing system, waiting for your special healing touch. If you rub your feet at the end of the day or whenever you are tired, you will be amazed at the rejuvenation you can create in your body. Rubbing the ears relaxes and heals the system, as well.

Read books on reflexology for more info and turn the page for the reflexology charts. (See page 169 for book recommendations.)

Stretch & Breathe

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Look at the world Upside Down

... and see the upside.

Standing, knees slightly bent, feet apart about 12 inches, bend and droop as far as you can, dangling head to floor, completely relaxing your neck. Just let it flop. Hang out there and breathe, baby, breathe.

Now . . . IN SLOW MOTION, rise up, one vertebrae at a time, keeping head dangling and chin tucked until you are upright again. Take 3-5 minutes to come up and don't forget to breathe.

When upright, breathe again, arch back and say *YAAAAH*



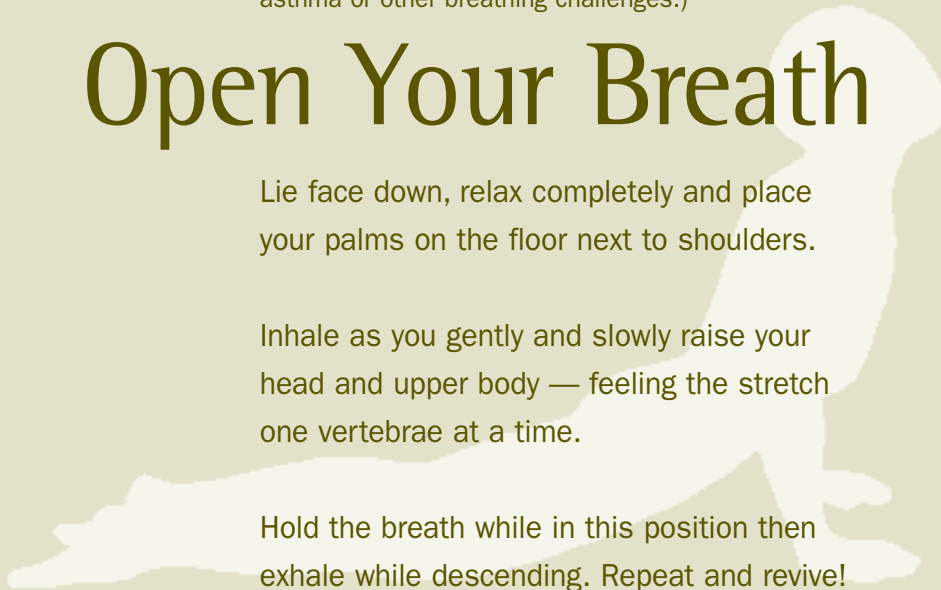
The cobra pose benefits the sacrum, strengthens the abdominal muscles and even tones the ovaries and uterus. It also opens up your breathing. (Also excellent if you have asthma or other breathing challenges.)

Open Your Breath

Lie face down, relax completely and place your palms on the floor next to shoulders.

Inhale as you gently and slowly raise your head and upper body — feeling the stretch one vertebrae at a time.

Hold the breath while in this position then exhale while descending. Repeat and revive!





Perfect your Posture

Feeling low, fatigued or out of sorts?

Adjusting your posture can work magic. Research validates that the emotions shift when the body does.

Arch your back on the inhale, then on the exhale return to your best swanlike posture.

Imagine a string of pearls reaching from the top of your head to a point in the sky which is holding you up in a graceful stance.

Feel your breath as it travels through your open receptive body.

Smile from ear to ear. Mind body — body mind. The connection travels in both directions — your mood will shift shortly.

Out of Focus?

Let's get physical, then.
If you've been flying around
on Venus somewhere —

GET UP AND MOVE!

Walk for a bit, anywhere, simply focusing on walking and breathing. **Feel** your legs move; watch them. Hear your footsteps.

Turn your mind's eye inward
and be in touch with the inner you.

From this space, commit to refocusing.

Breathe it through the body until your walk is complete.

During the day, when you find yourself slipping away to Venus again, just breathe and imagine yourself walking — then recommit to concentrating on the task in front of you.

Meditate & Relax

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There's
no time
like the
present

Present moment awareness
presides as the ultimate
healing modality.

This micro-awareness is the
very experience that the
monks and yogis of yore
(and today) seek through
meditation. It is the heart
of the practice.

Perfect your attunement to
present moment . . .
whatever you are doing,
wherever you are.

You will always be
guided appropriately.

Sometimes our minds get
the best of us with images of
fear borrowed from the past
or the future, causing us to
feel guilt or anxiety.

Close your eyes. Go into
meditation. Quiet your
mind. See the image.

Breathe light into the image
and infuse a feeling of
peace there.

Send this serenity to the
What Was Image or the
What Might Be Image until
you really feel at peace with
the past or hopeful toward
your future.

Travel
Through
Time

When you need to feel grounded, plant your feet firmly on the earth. As you breathe and relax, imagine that the energy flowing through your legs and feet is sinking into the earth below.

Ground Yourself!

Feel yourself “come back into” your body.

Practice grounding yourself if you get thrown off balance by every little thing or by that occasional big one that comes along.

Come Back To Your Senses

Open your eyes and see.

breathe

Close your eyes and listen.

breathe

Open your eyes and touch.

breathe

Close your eyes and smell.

breathe

Open your eyes and taste.*

*Have something yummy nearby.

Reinvent Your Reality

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Sometimes it takes practice to remember that your life is yours to live. So practice.

Your Life is Up to You (and you are up to it).

- 1 With pencil and paper, list five things you want to create for yourself. For your body. Your life. Your future.
- 2 Then ask yourself, “What do I really care about and what am I going to do about it?”

Though simple questions, they will serve you as you go along, all life long.

Ask for what you want. Verbalize your wishes. Keep your list ever present and have the courage to go for your dreams.

Respect Yourself!

Self respect is a valuable tool. It definitely comes in handy when it is time to remind yourself who you really are.

Cultivate the habits of self worth and self respect. Plant the seeds every chance you get.

If you notice you are disrespecting yourself, immediately correct it. Breathe respect through your cells for a good 60 seconds. This is you — self-regulating: a fabulous skill.

It takes time, but the tide will turn . . . and soon you'll be singing R-E-S-P-E-C-T, just like Aretha.

Every time the fear comes up in silent words or in feeling, just . . . Affirm: "It is handled now and it will be handled then."

When you
are dealing
with a fear
about
the future...

Do Be Do Be Do – Sinatra

Take time to just **Be**.

Remember how to do this from your childhood?

Lollygagging around,

sitting on a swing,

skipping down a street.

Watching turtles.

Your mind was free then, even while you were “doing.”

To Be or Not to Be – Hamlet

You can **Be** while you are doing,

but take time to reflect when you are still and quiet.

Just be and go within.

Build a solid foundation of quietude for yourself.

I Am That I Am – God, to Moses at the Burning Bush

Then weave this simple state of “being”
into life’s daily activities — just like when
you were a child.

Feed Your Soul

it's all well & good



Calling All Realms

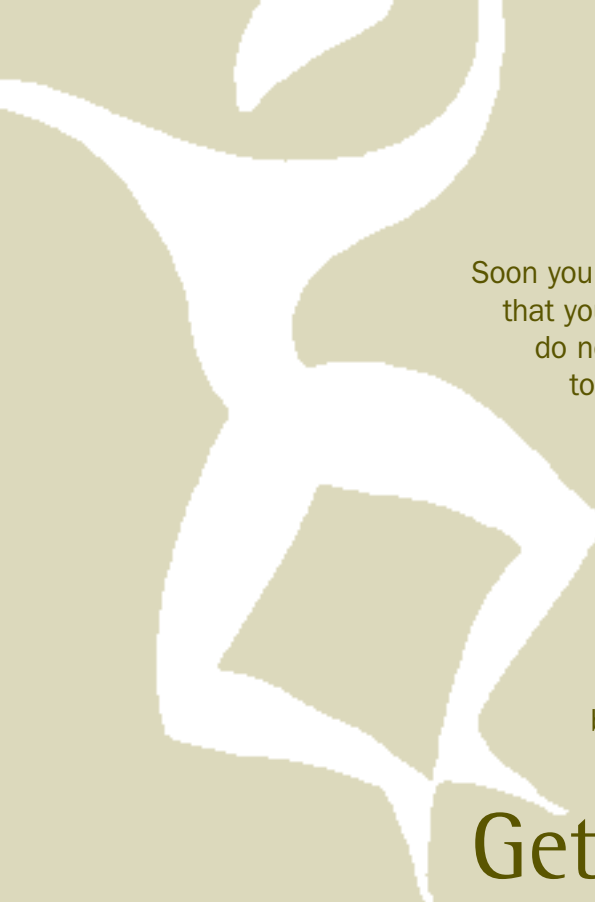
I now connect with my
higher self.

I now connect with
my intuition.

I now connect with the
assistance I need.

I now connect with the
qualities I require.

I now connect
with the ability
to inspire myself.



Soon you may find
that you simply
do not have time
to perpetuate
certain
habitual
stressful
reactions
emotions
fears
thoughts
and
beliefs.

Get Over It

Feed Your Soul 131

The Proverbial

sustain your happiness

Other Shoe

sustain your happiness

Is Not Going

sustain your happiness

To Drop.

Did you ever consider that our universe is in a constant state of expansion and if you're not expanding with it, chances are your experience will be more stressful and challenging?

Got any Change?

For an ever-expanding life:

- ② Get really comfortable with change.
- ② Breathe your way through everything.
- ② Imagine yourself as bigger every day.

30 Days to Total Enlightenment

it's all well & good



30 Days to Total Enlightenment

“30 Days to Total Enlightenment” is a bold title and lays claim to quite a promise. I wondered if I was being presumptuous; then I remembered how much easier my quest for enlightenment had become after decades of ascetic and traditional spiritual study. I discovered that I really was paying more attention to the Zen of it all — that by staying **simple** and **relaxed** within — total enlightenment is available to me based on how I choose to perceive each moment.

This daily practicum offers you 30 days in which to progressively relax into total enlightenment — however you may define it. The suggested practices help you to **self-realize** — to stay in touch with the real you. Focus just on the assignment for the day. Cultivating the ability to relax from the inside out is a regimen for life; it is a never-ending adventure to see how aware you can remain in mind and body even when the world around you may be spinning out of control.

This is good news for people who become easily bored with the seemingly mundane nature of existence or for those who are too busy to be bored — the

fact remains there is never a dull moment when you become a student of the body. Superimposing a practice of breathing and awareness over daily activities **creates a whole new life dimension** . . . so whether you are bored or busy, working 9 to 5, raising children, educating yourself, serving humanity, caring for loved ones, saving the planet, in the sunrise or sunset of life, or in Tibet or Timbuktu — the door to this deeper dimension in you is always open.

I believe that one of the reasons we become depressed, anxious or ill is that we have not been taught how to proactively manage feelings of joy, ecstasy and happiness in the physical body and emotional psyche. It can be frightening to authentically allow these energies into our lives! Learning to truly relax in our own skin and be comfortable in our physical, mental, emotional and spiritual selves is the secret to feeling safe with these life energies. When we can relax, especially in our minds where all healing begins and ends, our **joy for life grows** and we become healthier individuals.

Enjoy this daily practice as you **integrate relaxation** into all aspects of your day, your life and your self. In other words, the gig is not about meditating for twenty minutes in the morning and then being insanely stressed all day. Practice makes perfect — **one day at a time**.

day 7

Procrastination can be a mental stress of the utmost bother. The delay game preys on self esteem — and as time passes, it becomes evident that you are getting nothing done.

It is easy to rationalize that everything is happening in perfect timing . . . but it is also possible to act out of denial or laziness.

We all have trouble cracking our inactivity codes. So keep it simple.

Choose one or two things that you have been delaying or denying . . .
(taking that 30-minute walk,
contacting that customer, being with yourself,
calling your mom, forgiving your enemy)
and JUST DO IT!

Follow through with
your commitments.

day 8

Today, receive your nourishment with grace.
(This is not an esoteric comment unless you want it to be.)

Today is all about honoring food and eating with consciousness.
So . . . today when you sit down to eat . . . receive your nourishment with grace.

Slow down. Savor each moment.
Luxuriate in every taste, texture and aroma.
Chew . . . chew . . . chew.
This is not only good for your health and digestion, but it is one of the easiest ways to shed some pounds.

Nourish yourself
consciously.

What . . . me worry? Maybe.
It might be interesting to beat this neurosis
at its own game.

Just to review . . . here is the definition of worry:
your mind wondering about the past, but more often,
your mind borrowing trouble from the future.

Your instant antidote for worry is to use its very pres-
ence as a reminder to come back to this moment.
Otherwise . . . you are feeding the monster.

Every time mental unrest shows up today,
breathe and exhale it out of the bodymind,
while envisioning the solution to your concerns.

Convert worrying about what might happen
into feeding your vision of what you wish to happen.

Utilize your worry
moment. Then snap
out of it.

Whoever said “Time waits for no man,”
was not privy to the process of gaining time.

Look at your concepts about time today.
Do any of these sound familiar?
“There’s never enough . . . Where did it go?
I am always late . . . Better not waste it.”

Notice your own limiting thoughts about time,
then take a breath and let each go . . . one at a time.

Since man made it up to begin with,
time as a relative factor is at our command.
Luckily, to command time . . . is to relax with time.

Even a day full of deadlines will go more smoothly and
you will notice that, oddly enough, by relaxing,
you will be on time and you will have more of it.

Need I say that being right here right now is the trick?

Relax and be right here
right now.



About the Author

Beth Moses maintains a healing practice at The Center for Wholism in Bloomington, Indiana. Her longtime background in yoga, meditation practices and business inspired her to create Oh Well![®] in 1994. Beth holds certifications in massage and somatic therapies, breathwork and energy healing, and a B.S. from The Kelley School of Business at Indiana University.

A little message . . . Since this book's original publication in 1997, I have noticed that it has appealed to just about anybody. Then I remind myself that we are all living in the same body but for a few minor differences.

This time around I wanted to write it for the one body that we are as a human race. This second and fully revised edition is written for timeless universal use. In the last ten years I have been awed to see students, elders, youth, women, men, cynics, skeptics, teens, troubled teens, healers, prisoners, yogis, eager novices, psychologists, physicians, corporate folk, health educators, meditators, spa enthusiasts, and people of many countries take to this book. I guess its universal appeal has been field-tested.

Take what works for you — it is simple, generic and esoteric all at once. It speaks to our commonalities and our diversities. Some of us may be suffering and others not as much. Some of us have access to health care, some may not. Some of us are in the trenches, some of us are not. Our planet has growing pains and we have to stay strong. But the truth remains — you have your body wherever you are and it is always there for you.

A fresh, unique book which is at once poetic, energetic, colloquial and just plain fun, while offering readers engaging access to the ancient healing techniques that today are being rediscovered by medical scientists. It's *All Well & Good* is as entertaining as it is practical and enlightening. It reveals the big truths about body-mind wellness and shows in grand simplicity how to harness the healing power each of us has in our own minds, hands and souls.

Whether you're a guarded newcomer or a firm believer in the holistic healing arts, this book will be your loving, spirited guide in both a world of new body-mind awareness and the daily practice to integrate it into your life. It's *All Well & Good* is a book that will become a different experience each time it's read, yielding new enlightenment, new discovery and new pleasant surprises.

- ⊕ How to counter the undesirable effects of stress in everyday life
- ⊕ Easy-to-learn massage therapy and yoga techniques
- ⊕ Exploring spirituality in healing and personal growth
- ⊕ Envisioning a new reality for your life/work balance
- ⊕ Meditation and relaxation techniques
- ⊕ Plus "30 Days to Total Enlightenment"

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