

mindfulness ◦ health ◦ productivity

# it's all well & good

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To order *It's All Well & Good*, to read Beth's blog, or to inquire about workshops and trainings with the author, visit Oh Well!® at [www.bethmoses.com](http://www.bethmoses.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

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# 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 mindfulness and self-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 dimin-

ishes 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, in part, stress 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 open on your computer or device to utilize through your day — 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 xvi, 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.

A handwritten signature in dark blue ink that reads "Beth Moses". The signature is fluid and cursive, with a large, sweeping initial "B" and a long, horizontal flourish at the end.