

mindfulness ~ health ~ productivity

it's all well & good

Beth Moses

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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*.

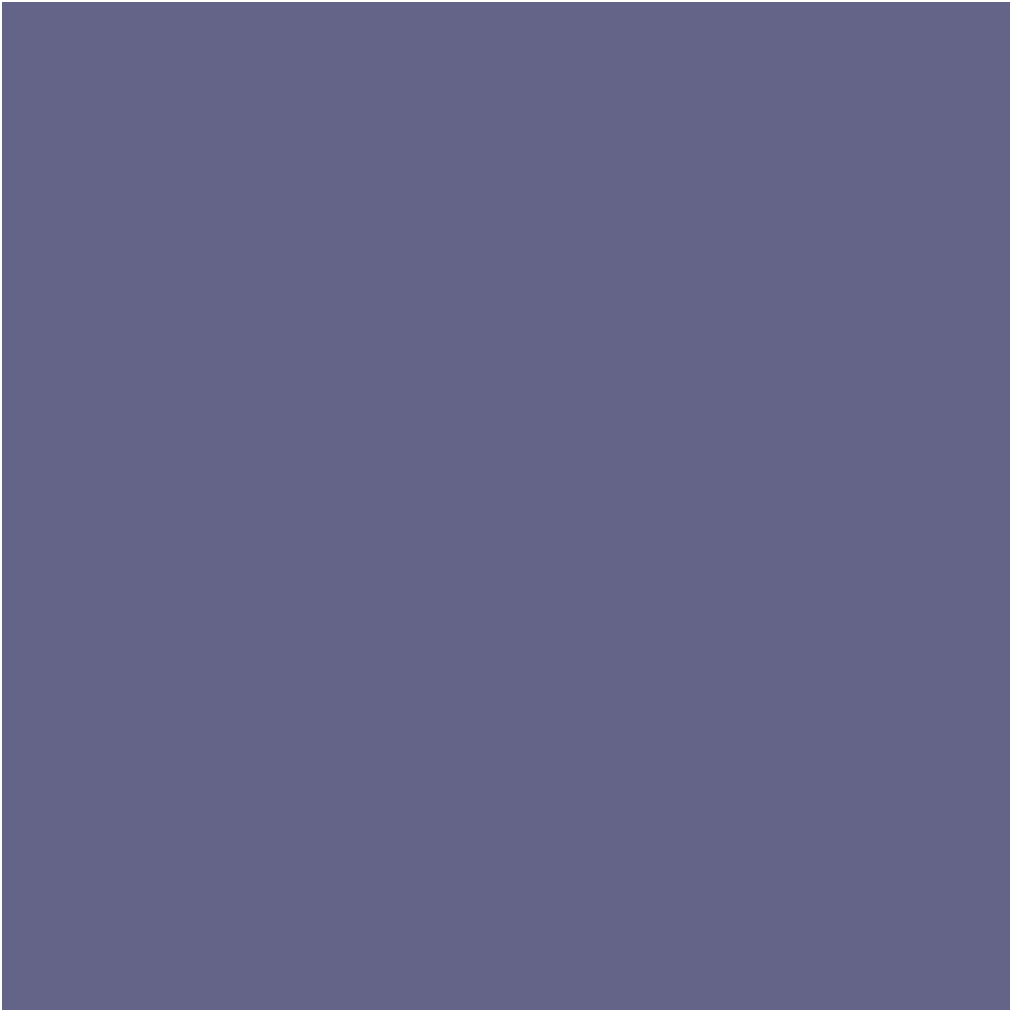
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To read Beth's blog or to learn more about Oh Well! wellness training for individuals and groups, visit www.bethmoses.com.

This book is dedicated to our unity on this planet,
our commitment to giving and receiving love,
and to all human beings who desire some serenity
in an ever-changing world.





Inside

ii Read This First

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

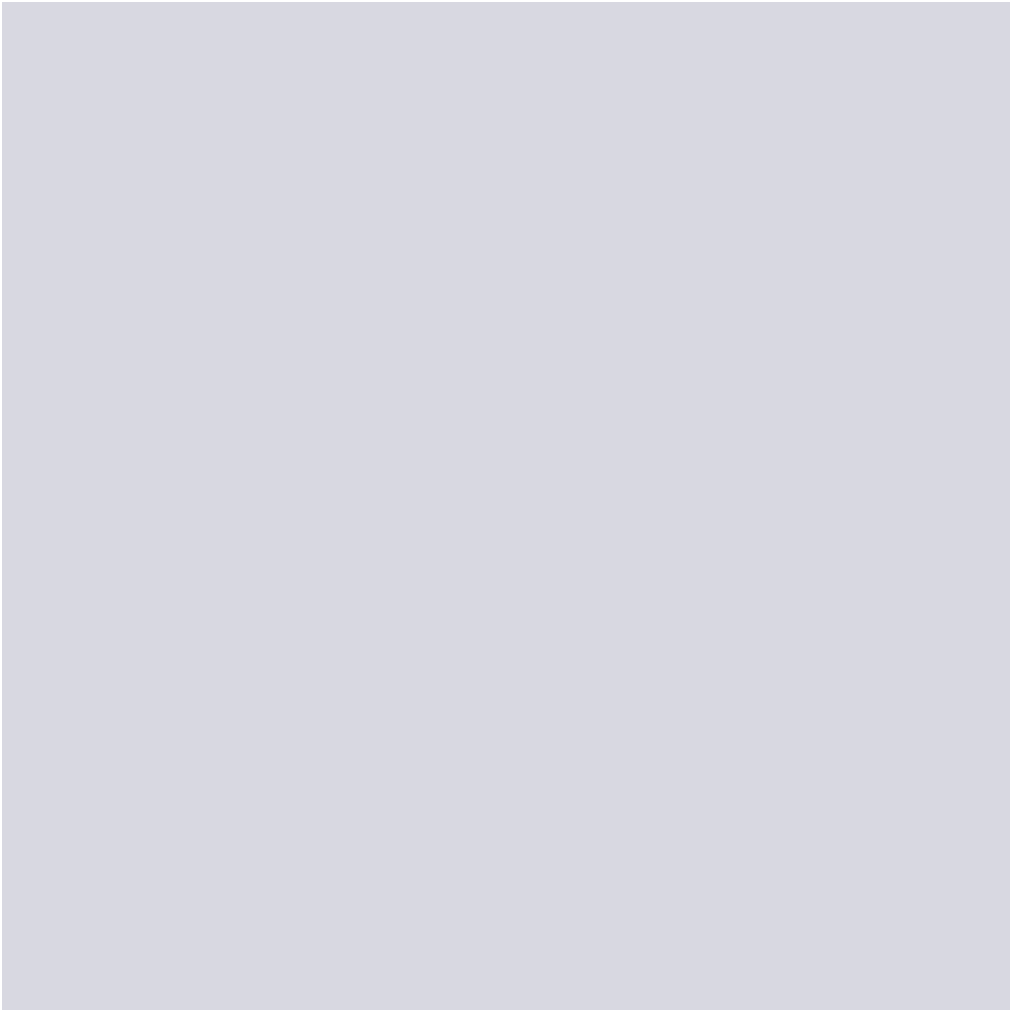
169 If You Know What's Good For You

170 Thank You Kindly

171 About The Book

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 mindfulness and self-care/awareness plan. In a light-hearted and scientific way, *It's All Well & Good* will prompt you to fit relaxation and wellness into everything you do and to turn to your confident self first for the healing you require.

Cultivating a relaxed internal state through the day, which a growing body of research has determined to be an 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 (endorphins) are good for what ails us! Many of us have not been educated about the health benefits of integrated relaxation, perhaps believing that allowing ourselves to relax is only possible in stolen moments in time. Wouldn't it be valuable to learn how to relax as we go along? Then it is there when we need it on command because we have imprinted the skill. That's what this training is about.

So, even if you meditate for 5 minutes in the morning, then your stress hormones rage all day, then you rush off to a yoga class, sports or exercise ... you might not be creating true clarity and balance in your body. The trick is to get to the place where you are breathing your way through everything. Present. Grounded. Comfortable in your skin. Safe. Relaxed. Centered. Doesn't that sound nice?

Stress is real for each and every one of us. And it has something to teach us, too. Sometimes we may discover that we make stress up, especially when we feel anxious. Or we put imagined pressure on ourselves. We take things personally (you all know who you are) when there may be no proof that it was personal! Sometimes to our great surprise, we find ourselves acting out our stress in the same way our parents did. So, our stress behavior can be a learned "skill" and we can unlearn it.

That said, the reality of unchecked stress is that bio-chemicals build cumulatively in your body at a cellular level. Many medical scientists believe that a stunning 70% of all disease is stress-related. Not to be simplistic, this might be good news. Since stress can be managed, then disease can be, too.

Fortunately our bodies are naturally designed to heal and repair themselves. And we tap into our resilience power 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.

Consider this book to be your health companion and a reminder to stay in the flow of your own wellness wave. Keep this training on your desk, your nightstand or open on your ipad. These strategies are meant to be used and absorbed over time. 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 after this introduction, is the framework for this system. The Guide is a self-diagnostic tool. It helps you to identify your physical, mental and emotional healing needs as they occur so you can learn to address the stress in a timely manner and not bury it. You are then referred to a page(s) with healing strategies you can use to tackle that issue. The second book is "30 Days to Total Enlightenment," and begins on page 137. The 30 Days will ease you into some of the deeper truths about wellness in an unpredictable and very fun daily practice.

The wellness modalities you will find in *It's All Well & Good* – massage, yoga, meditation, cognitive therapy, inspirational healing – are being researched and validated by scientists all over the world as the field of integrative medicine comes of age. It was in the 1960's that these modalities, some of which are rooted in ancient times, were reignited by young upstarts who discovered meditation and yoga, and at the time were called weirdos. Thankfully, the world is catching up on what ancient cultures (and weirdos) have practiced all along. The evolution of healing sure does take 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, so when you commit to managing the world called Y-O-U, life really does get better, others around you thrive and lo and behold you become happier. And healthier.

Focusing on your own process does not mean you stop being compassionate and caring with others nor does it translate to isolation. It means you will have more to give because you have also given to yourself. And 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. Be sure to find those answers from your heart and soul, not someone else's.

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 centered within yourself — while the world around you may be wobbly. See that your real goal every day is to nourish, to grow and to love yourself. Science now validates the healing power of love. Who knows? Physicians’ prescriptions might soon read, “Just love yourself and call me in the morning”.

When you perfect the skills of healing body and mind, 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 working toward “well and good” — no matter how you may perceive it all in the moment.

Ultimately your wellness will come back to you taking care of you. There will always be people along the way to help – keep your eyes open for that! But the true adventure is between you and your body and it is a lifelong adventure if you choose it to be.

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. Breath is the key to it all. It is mentioned on almost every one of these pages.

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 true 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 a cursive script, reading "Beek Moses". The signature is written in a dark green or olive color. The first letter "B" is large and loops back under the rest of the name. The "M" is also prominent and loops back under the "os".