

The Avenue to Health and Well-being

Information in the media about H1N1 is vast. Not only is the information important and pertinent, it is required in order to scare people and instill a sense of health-consciousness in our society. We are reminded to wash our hands regularly and sneeze into our sleeve, however, at the core of living in a healthy and positive manner requires a shift in consciousness. The media may actually exacerbate our fear and increase negative and pessimistic states of thinking. In turn, such fear has negative affects on our health and well being. The question is how can we best manage our health and well-being? Is getting the flu shot the real answer? How about slowing down in our busy lifestyle and attending to the needs of our whole being?

Christine Northrup, author and medical doctor, writes “Illness is the only acceptable form of meditation in Western society.” Instead of stopping to take a break to rest or recharge in our daily lives, illness becomes the acceptable form of meditation and rest. Illness gives people a reason to take a break from the busy grind of daily living, and also gives our body permission to rest. Is getting a cold or the flu a bad thing? Perhaps not! Maybe our body needs the rest and it is better to rest with a cold or flu than with a more serious form of illness.

In some Latin American and European countries, a siesta, a nap in the middle of the day is culturally acceptable. In Asia meditation is a good form of reflection and mindful living. In other countries prayer is a good means for connecting with a deeper purpose and meaning in life. In Western society the majority of focus is on success and work. In order to shift our thinking about health and wellness, we need to change at a much deeper level of consciousness. Listening to our body is the key. Our bodies are wise resources – we need to pay attention to the language that it speaks. Our bodies speak a very different language than what is taught in Western society.

If we could tune into the language of the body, it would speak gently to us urging us to rest and to be kind to ourselves. Some suggestions for checking in with our body and providing the space it requires for rest and healing include: art therapy, mindfulness meditation, body scan, yoga, prayer, tai chi, creative activity, journal writing, walking, massage, to name only a few. Start speaking the language of kindness and your body will soon resonate at a level of consciousness that invites health and well-being to your daily living.

Take the time to reflect, evaluate and change your life so that the song in your heart may be more in tune with the melody in your mind.

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