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Don't Forget Your Suit of Armor, Dear

By Dave Markowitz

“Don't forget your suit of armor, dear.”

Sounds like a punch line, right? But it's not. It's a hyperbolic synopsis of many of the preventative measures we take each day to avoid pain and illness. Sure, in some respects wearing one will work, but at what cost? We might be free of broken bones, or perhaps less prone to common viral transmissions, but also quite limited in movement. And very likely pretty miserable.

It's normal to want to be free of pain, illness, and fears, and many of us go to just about any lengths to stay clear from these 'negative states.' We aspire toward physical and emotional freedom, but even with all we do each day, few if any are really there. We might not wear a suit of armor, but many of us will wash our hands incessantly, worry about what foods to eat and when, and have a constant need for emotional and physical security in a world where security can't exist.

“We live in a rainbow of chaos.” ~Paul Cezanne

Security is a state desired by the mind. It demands that nothing change, but as we all know, everything is changing constantly. As energetic beings, you are already different now than you were at this article's start. You may even be less safe. In just these past few seconds, radiation from your computer and nearby cell phone and alike are waging an assault on your body. But you'll continue reading, if not this page then another, and still, you're okay.

It is my belief that our own immune systems can fight anything. But what we do and how we're being – even with the best of intentions and beliefs in preventative healthcare and living – more often weakens the strength of the immune system that is designed to keep us healthy without supplements. Some take vitamins and alike – ideally as a supplement and not a substitute for good nutrition – and some have been convinced that taking aspirin every day is good preventative medicine. Unfortunately, not enough question if that's good medical science or an advertising ploy. And millions are on prescription medications unaware that there are more healthy alternatives available.

Most of you are smart enough to not fall for Big Pharma's advertising, but another layer of self medication is among us and it is insidiously designed to look positive, healthy and even loving: the new-thought movement.

How can I, a world-renowned author in the new-thought movement even say such a thing?!?!?!?

Because I'm seeing what's working and what isn't working, given what it is we say we are trying to accomplish. And much of it is not working.

Few if any are really healthy, despite being able to cite passages from all of our favorite self-help books. Most have yet to clear emotional charges, much less admit we have them, and many are claiming to be God. Last I heard, God created the Universe, uncountable numbers of species, and sunsets. To the best that I can see, I can not do any of those things, so therefore I am not God. To think I am, to me, is spiritual hubris at its finest. I was drowning in that new-thought ocean, but I

didn't even know what water was. I've recently emerged by necessity, not by choice, because I was part of the problem.

To see things clearly requires a diligent effort. And steps and ways of being that are cloaked in spirituality are seldom questioned. In more traditional circles, it's called blasphemy, but a lot of us, the new-thought leaders, are equally guilty.

Even in our typical demographic, followers of the law of attraction and other new-thought wisdom believe that just simply changing a negative thought to a positive one is a good thing. I've yet to see anyone call it what it really is: denial.

If I'm involved in a painful divorce, your well-meaning self might say, "You'll find another partner" or "she was no good for you anyway." Even if those are both true, in that moment I might be in my grief. And understandably so. Your inviting me to a "higher" (in reality, merely different) thought only denies the emotional reality of grief. As a medical intuitive, daily I see the results of people not letting themselves express their emotions. And your distracting me from my reality is not allowing me to express my grief either. Really, it's your issue that you don't want to see me upset. Know this: I'm okay with it! And I'd like you to be okay with my sadness as well. Sure, it hurts, and it's not my first choice, but it's part of what makes me human. For full spiritual embodiment and optimal emotional health, it's better that I feel what's real than to deny it. I'd rather be seen and supported for who I am and what I'm feeling than distracted from what's true in any given moment. Just changing a thought is really a spiritually masked coping mechanism; it's denial and dissociation from the self and from the moment.

Abraham asks, "Why would you choose to feel bad?"

I don't really enjoy feeling bad. But pushing it away or under the rug isn't helping anyone. In fact, what we resists persists, so by not letting myself feel what's real, there will be a layer of sadness dying to be expressed at any moment – sometimes for years. I may seem overly emotional, and you might be more cautious in your choice of words as to not set off my waterworks, but that suppression is not a healthy thing. In fact, it is the first step in what is clinically diagnosed as depression in Western medicine.

By acknowledging and integrating the emotional charges, I become more fully expressed overall. I'm in more acceptance of both the happy and the sad. That is where the true freedom is – in being real and being supported in the level of authenticity that embraces and expresses what's true. By feeling and expressing it fully, it won't last forever as many of us unconsciously fear. It'll be integrated and we'll be healthier and often happier in less time than previously imagined.

So for others whom you know to be in emotional pain, support them by loving them unconditionally – 'warts' and all. That's what they really need. For those of you in emotional pain, educate others as to what you really need, without attachment of receiving it. Odds are pretty high that a good friend will do and be as you ask. And as you both open to more levels of deep authenticity, a deeper connection forms. Suits of armor are dropped in favor of emotional nakedness. Minds and hearts are opened and love pours into wounds like the elixir that it truly is.

Dave Markowitz is a Medical Intuitive, Author/Humorist, and conduit of Source energy and information. Order his groundbreaking book, *Healing with Source: A Spiritual Guide to Mind-Body Medicine* at www.DaveMarkowitz.com and sign up for his free newsletter!