

## **The Force of A Hundred Horses**

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What's your response when I say that energy-based healing has no limits, and that if you don't believe me, there is something seriously wrong with you? What if I added that if you still don't believe me, that you are close minded and ignorant? No, really, check in and notice what you are feeling and thinking. Is your breath shortening, muscles tightening, or is your back pain flaring? Is your blood pressure rising, or are you even surprised you're still reading this? Well, if these visceral reactions are occurring, they are all examples of the mind-body connection! You thought something, you felt something, and your body reacted immediately, did it not?

Now notice that all I did was type a few letters in a particular sequence and you reacted as if I was coming right at you with the force of a hundred horses! I am not coming at you, nor am I even anywhere near you, but I can, with just a few strokes on a keyboard, create a reaction in you. And that is very literal, it is a *re - action*; an action you've done uncountable times before. What if, through training and practice, you were better able to have an *action*, or even more directly, what if you were better able to have a response; a healthy response at that? Knowing that just a few thoughts can alter your physiology, why do you still hang onto anger at your father or mother? Or at your boss or former partner? Buddha said that holding onto anger is like throwing hot rocks at the perceived perpetrator—you are the one who is being burned! So, how long do you want to keep throwing hot rocks?

No one does anything that goes against their belief system, and no belief systems are programmed pre-birth. Everything we consciously do is learned behavior. So, knowing it was all taught, can't we take a little time, or even a lot of time if need be, to un-teach ourselves away from self destructive patterns of thought and immediate re-actions that alter our physiology into a state quite less than optimal? Or do you enjoy your back pain and high blood pressure? Before going off into a tizzy, tirade, tantrum, or any other word that begins with a *t*, take a brief moment to breathe and think. Breathe deeply and ask yourself what the best response is; what can you do and be now, in this moment, differently and better than you used to?

Without growth we are dying faster than with. Challenge yourself to grow, to do and be more than you were yesterday, and watch your health actually improve with no outside source needed. Sound crazy? Do you have a better way that just hasn't worked yet? You can either be right or you can be healthy; the choice, as always, is yours.

By the way, I don't think you're close minded or ignorant; rather I think you're beautiful just as you are.