



My Healing Program

A Healthy Mind

What constitutes a healthy mind?

Most persons understand the concept of a healthy body, but what is a healthy mind? One can hardly physically exercise the mind, and although one can ensure all nutritional requirements are being met to sustain the brain, what do we mean by having a healthy mind?

When we refer to a healthy mind, the focus is on healthy 'thoughts', as well as well-functioning cognitive abilities and capacity. Ie. The mind is actively functioning the way it should be, with any impairment.

Our thoughts dictate our actions, which in turn, dictate outcomes, and the results of these outcomes determine whether we lead the contented, successful life for which we are aiming, or if we are falling short in this area.

A healthy mind is a mind that is at ease in its body, and that is at peace with itself.

This peace of mind can only be attained once the following have been reached:

- Acceptance of self (body and mind)
- Acceptance of our circumstances and current situation
- Acceptance of our abilities and possible limitations (body & mind)
- Acceptance of others in their entirety
- Acceptance of the world, and everything in it

If one is unable to reach this point, the mind will always be in misalignment, whether with the body, your values, or with the world. If there is conflict in any aspect of one's life, this will cause a disturbance of thought patterns, leading to imbalance and misalignment, which equates to an **unhealthy mind**.

Life needs to have a balance. Relationships (both family & friends, as well as significant other), career, finances, health, fun & leisure, personal growth (incl. spiritual), and physical environment all play an active part in any being living a balanced life. If any of these are out of synchronization, it will cause a disturbance in the soul, and subsequently in the mind.

We are reminded here of **Abraham Maslow's Hierarchy of Needs**:

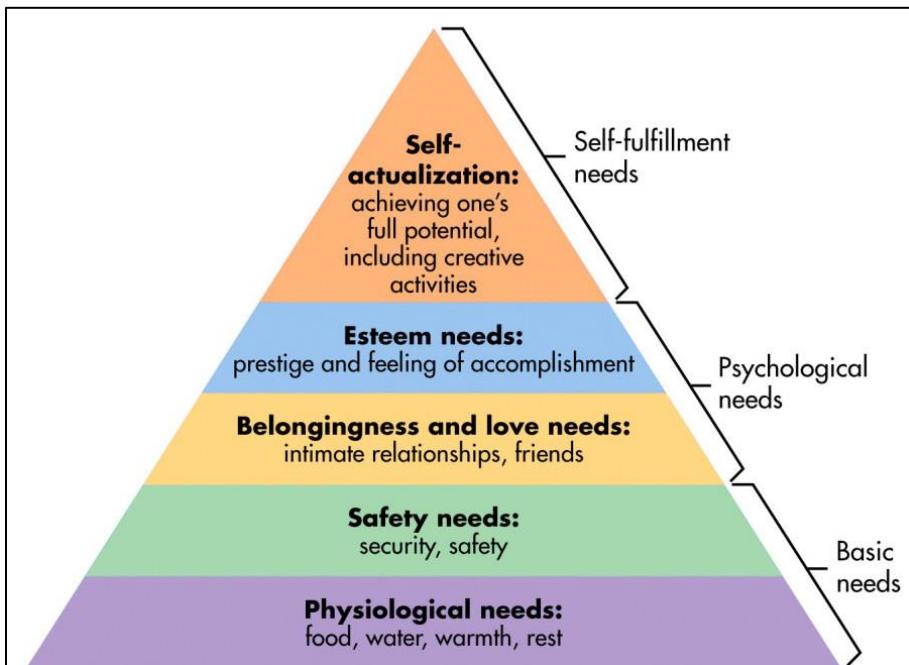


Diagram courtesy of Simple Psychology

An American Psychologist, **Maslow (1943, 1954)** stated that people are driven to achieve certain needs, with some taking precedence over others.

Our basic needs are physical survival, which accounts for the **physiological needs** that are required to be met. i.e. food, water, warmth and rest, with the next level being the need for **safety** and security. As we move up the hierarchies the needs are more motivational such as intimate relationships, friends, then prestige and a feeling of belonging. The top level is self-actualisation, where one achieves their full potential, including being able to experience creative activities for pleasure.

It is imperative that should any particular aspect of our needs require nurturing and improvement, one must attend to this as soon as possible. Very few people are fortunate enough to live in a continuous state of peace, however there are ways of achieving a reasonable balance. Continuously striving to maintain it is well worth the effort.

Here are some guidelines which may assist you in reaching your 'heaven on earth':

- Believe in yourself
- Accept yourself and others fully
- Focus on the positives within you
- Determine what you perceive the negatives to be and work on changing them to positives

- Do not let negative thoughts make home in your mind
- Face up to your enemies and work out an amicable way forward. Confront any uncomfortable situations you may find yourself in.
- Examine unrealized dreams
- Allow yourself validation and recognition for achievements
- Overcome your fears
- Clean out your mind (Remove anything not pertinent or relevant in your life today)
- Forgive unfulfilled expectations. Revive any that might still be possible to attain
- Forgive yourself. Learn from errors or issues that happened to you and move on, determined not to make the same mistakes again, thereby putting your past behind you
- Focus on a bright and beautiful future
- Accept that you deserve everything you always wished for, you can have it all!

This last statement is the most important of them all. You, as much as anyone else, deserve all your heart desires. You **can have** all your heart's desires. The only one holding you back, is you! **You** need to believe it is possible.
