



OPTIONS CENTER HEALTH TOPIC



Using Your Inner Guidance System

We know that the body has a natural bias toward health and energy. It's designed to last for 100 years with proper care and maintenance. When something goes wrong with any part of our body, we experience it in the form of pain or discomfort of some kind.

We know that when our body is not functioning smoothly and painlessly, something is wrong, and we take action to correct it. We go to a doctor; we take pills; we undergo physical therapy, massage or chiropractic. We know that if we ignore pain or discomfort for any period of time, it could lead to something more serious.

How To Tell Right From Wrong

In the same sense, nature also gives us a way to tell emotionally what's right for us and what's wrong for us in life. Just as nature gives us physical pain to guide us in doing or not doing things in the physical realm, nature gives us emotional pain to guide us toward doing or not doing things in the emotional or mental realm. The wonderful thing is that you're constructed so that if you simply listen carefully to yourself—to your mind, your body and your emotions—and follow the guidance you're given, you can dramatically enhance the quality of your life.

Just as the natural physical state of your body is health and vitality, your natural emotional state is peace and happiness. Whenever you experience a deviation from peace and happiness, it's an indication that something is amiss. Something is wrong with what you're thinking, doing or saying. Your feeling of inner happiness is the best indicator you could ever have to tell you what you should be doing more of and what you should be doing less of.

The Messenger

Unhappiness is to your life as pain is to your body. It is sent as a messenger to tell you that what you're doing is wrong for you.

Very often, you'll suffer from what has been called "divine discontent." You'll feel fidgety and uneasy for a reason or reasons that are unclear to you. You'll be dissatisfied with the status quo. Sometimes, you'll be unable to sleep. Sometimes, you'll be angry or irritable.

Very often, you'll get upset with things that have nothing to do with the real issue. You'll have a deep inner sense that something isn't as it should be, and you'll often feel like a fish on a hook, wriggling and squirming emotionally to get free.

Divine Discontent

That is a good thing. Divine discontent always comes before a positive life change. If you were perfectly satisfied, you would never take any action to improve or change your circumstances. Only when you're dissatisfied for some reason do you have the inner motivation to engage in the outer behaviors that lead you onward and upward.

Listen to yourself. Trust your inner voice. Go with the flow of your own personality. Do the things that make you feel happy inside and you'll probably never make another mistake.

Action Exercises

Here are three steps you can take immediately to put these ideas into action.

First, listen to yourself and trust your own feelings. If there is a part of your life that causes you stress and unhappiness, resolve to deal with it.

Second, identify those areas of your life where you are dissatisfied or frustrated for any reason. What changes should you, could you make?

Third, remember that nature wants you to be happy, healthy, popular and prosperous. Any deviation from those conditions is a signal to you that action is necessary.

Information taken from Brian Tracy's Personal Success Newsletter.
<http://www.briantracy.com/Newsletter/PersonalSuccess>.

OPTIONS ALSO OFFERS YOU

- ✓ Mind-body work and healing touch therapies
- ✓ Hair analysis to help identify unforeseen physical stresses
- ✓ Functional tests to help identify hormonal stresses