

# Self-Mastery: the Pathway to Wellness

## The Mind-Body Connection

by Diane Allan



### Abstract

The path to wellness begins and ends with self-mastery. Self-Mastery is understanding your divine-self and choosing to conduct your life in a way that supports everyone and everything in the universe. In this

presentation, Diane will share her personal story and use Holistic Kinesiology™ to explore the consequences of limiting beliefs.

*"All meaningful and lasting change starts first in your imagination and then works its way out. Imagination is more important than knowledge." - Albert Einstein*

### Introduction

*"We do not see things as they are, we see things as we are" - Anais Nin*

The first decision you must make on the pathway to wellness is to discover what you believe about the universe. Do you believe you live in a friendly universe or do you live in a hostile universe? Who are you? Where did you come from? Why are you here? What is your purpose? Do you live your life by the wisdom you have acquired or the beliefs you have been given? Behind the roles you play, the strategies for getting by, the defenses against being hurt, who are you? Is it difficult to see yourself as you really are; has conditioning trained you to be materialistic, or to constantly defend or prove your worth or point of view? How do you really see your world?

Mastery is not a place, but a process. The path to wellness or *self-mastery* could be defined as a process of accumulated philosophic or scientific learning. Experiencing and investigating life to gain knowledge when accompanied by a desire to live and act according to the wisdom that has been revealed is self-mastery. *Self-Mastery is having the Courage to Use Your Own Intelligence.*

*"You must be the change you wish to see in the world." - Gandhi*

When humans begin to search for the cause of events instead of reacting to the events, we acquire the information needed to *consciously* change our lives. This journey of changing old patterns and perceptions transforms our reality. This conscious shift begins with the understanding of self. If you have a pain, do you take a pill or do you seek out the cause? If you have an unpleasant experience, do you blame someone else, or do you seek to see what you are telling yourself? Understanding the conscious and unconscious choices you make is the first step in intentionally creating your reality. This self-awareness is a cornerstone of *self-mastery*. Achieving self-mastery will change your life and the lives of those you consciously or unconsciously touch forever.

### The Foundations of Self-Mastery and the Creation of Health

The mind-body connection to health and wellness was first introduced to me through my own illness (an autoimmune disorder) and Dr. Bernie Segal's book, *Love Medicine and Miracles* (Segal, 1986). Dr. Segal's book is about how "exceptional" cancer patients take charge of their lives by finding their authentic self and

following what they feel is their own true course in life, and how this can lead to "self-induced" healing. This wonderful book was the beginning of many life changing ideas, concepts and events, for me personally and professionally.

The Encyclopedia of Britannica states: Energy exists in various forms—including kinetic, potential, thermal, chemical, electrical and nuclear—all can be converted from one form to another ("energy" *Encyclopedia Britannica* online). For example, fuel-burning heat engines convert chemical energy to thermal energy; batteries convert chemical energy to electrical energy. Though energy may be converted from one form to another, it may not be created or destroyed; that is, total energy in a closed system remains constant. All forms of energy are associated with motion.

Keeping this definition in mind, we can begin to understand that if everything is energy in motion, then our thoughts are also a form of energy. Energy may be converted from one form to another but not created or destroyed. Total energy in a closed system remains constant. Could everything already exist in this closed system we call earth? Could the laws of energy apply to our thoughts and remain constant? Quantum science has proven that potential energy resides at the level of the particle and wave. Our thoughts reside at the quantum level where the potential "to become" lies in our imagination. When seen through our minds eye, what we imagine can become our reality.

### **Characteristics of Quantum Behavior: Wave-Particle Duality**

Physical science tells us everything is made of atoms. Atoms are made of electrons, neutrons and protons. They all hold a charge. They are in a constant state of motion and are just like a community working together to create something. At the quantum level, our understanding of atomic structure and quantum mechanics and the effects were discovered and described early this century by Earnest Rutherford, Max Planck and Niels Bohr. It has been observed that when we focus on the particle it becomes a wave. When we focus on the wave it becomes a particle. At the cellular level this energy works together

to become something. It has the potential to be converted into something new.

("Wave-particle duality" *Encyclopedia Britannica*, online)

What does this information say about our ability to become something, experience something, or to have something? Could the human body, just like the electrons, neutrons, protons and atoms it is composed of, be a community of cells working together with a focus on balance and health? If this is true, could disease, be a community of cells that have lost their balance and are not focused on the same intent?

### **The Belief in Two Powers: The CONSCIOUS mind, the SUBCONSCIOUS mind and the SUPERCONSCIOUS mind**

We need to retrain the imaging faculty. The thinking self or *conscious mind* is what you are focusing with in the moment. It sees life as it appears. It can focus forwards and backwards. It has *free will*, which is the ability to stop a behavior and create a new response. It also sees life with two powers. Good and Bad. It is where polarity exists.

The *subconscious mind* is an emotionless database of stored programs. It is power without direction. What a person feels deeply or images clearly, is impressed upon the subconscious mind, and carried out in the minutest detail. You can get a clue to your own personal programs or limiting beliefs by observing your parents and then noticing your own fundamental behaviors, beliefs and attitudes. The subconscious mind always operates in the present moment. It is always on duty, managing the behaviors required at the moment without conscious supervision. It is a programmable "hard drive" into which your own life experiences are downloaded. The programs are stimulus-response activated. Pleasure, pain, emotions and external events activate the programs. When a stimulus is perceived it will activate a behavior response that was learned when the signal was first experienced.

The *superconscious* mind is the realm of perfect ideas or the place where *Infinite Intelligence* resides. Plato spoke of "perfect pattern" or the divine design for each person. There is only one power residing in the *superconscious*. There is no polarity. This power is called *divine perfection* or love. Anything that is not love comes from the conscious mind and the subconscious mind of programmed beliefs. In this place of perfect ideas we use our words, thought's imagination and ideas to heal, bless and prosper everyone and everything.

Our lives are a reflection of our beliefs and fears. These beliefs and fears – usually subconscious, are the cumulative effect of life-long "programming." As a result of past negative programming, we sometimes think and behave in self-defeating ways. Changing subconscious beliefs and discovering fears that may be sabotaging us is similar to reprogramming a personal computer.

Every event in your life whether with family, job, friendship, romance, love, or betrayal have all provided you with important emotions and feelings, which will lead you to self-mastery.

#### **Limiting Beliefs**

Hopeless – not possible  
Helpless – not capable  
Worthless – not worthy  
Blameless – not responsible  
Useless – not desirable

#### **Universal Fears**

Trust  
Self-worth  
Separation  
Abandonment  
Judgment

#### **Beliefs for Self-Esteem:**

1. I deeply appreciate and accept myself.
2. I love myself unconditionally.
3. I deserve the very best life has to offer.
4. I am confident and self-assured.
5. I am proud of my results, comfortable with my successes
6. I am proud of my results, comfortable with my failures.
7. I am a good person.
8. I do my best and my best is good enough.

#### **Beliefs for Relationships:**

1. It's easy for me to give love to others.
2. I am worthy of an intimate,

passionate relationship.

3. I am ready for a powerful, intimate relationship in my life now.
4. I am willing to risk loving and being loved.
5. It's okay for me to express my truth in a relationship.
6. It's okay for me to grow and change in a relationship.
7. It's easy for me to receive love from others.

#### **Beliefs for Spirituality:**

1. I believe in (Divine Intelligence, God, Buddha, Allah, Great Spirit).
2. I am loved by (Divine Intelligence, God, Buddha, Allah, Great Spirit).
3. I trust (Divine Intelligence, God, Buddha, Allah, Great Spirit,).
4. I love (Divine Intelligence, God, Buddha, Allah, Great Spirit, etc.).
5. I am a necessary and important part of the Divine plan.
6. I am guided & protected by (Divine Intelligence, God, Buddha, Allah, Great Spirit, etc.).
7. I have a personal relationship with (Divine Intelligence, God, Buddha, Allah, Great Spirit, etc.).

#### **Beliefs for Personal Power:**

1. I trust the decisions I make.
2. I trust the Divine guidance I am receiving.
3. I acknowledge my ability and responsibility to make a positive difference in the world.
4. I actively embrace the opportunities that come with change.
5. I am true to my personal vision.
6. I am willing to take the risks necessary to live my life openly and honestly.
7. I give myself permission to do what I love.

#### **Beliefs for Grief and Loss:**

1. I release all guilt, shame and

blame resulting from my past thoughts and actions.

2. I forgive myself for love and affection I withheld in anger from others and myself.
3. I fill my mind with positive, nurturing and healing thoughts.
4. I acknowledge my feelings as a necessary part of my healing process.
5. I know when it is time to let go, and I do.
6. Everything happens in Divine Order.
7. I have faith in my future and myself.

Your mind, when programmed with love and acknowledgement, creates *happiness and abundance*. Your mind, when programmed with beliefs supporting fear, shame, blame and guilt, creates *hard or difficult experiences*. These experiences are filled with *pain and suffering*. TO THINK IS TO CREATE. What are you creating: Something old or something new? Changing the old programs enables you to rewrite the software of your mind.

Self-mastery is using *The Power of Thought* to create positive change and requires an understanding of one's own power and a strong sense of self-determination.

In his famous 1784 essay "What Is Enlightenment?", Immanuel Kant defined enlightenment:

*"Enlightenment is man's leaving his self-caused immaturity. Immaturity is the incapacity to use one's own understanding without the guidance of another. Such immaturity is self-caused if its cause is not lack of intelligence but by lack of determination and courage to use one's intelligence without being guided by another. "*

### **Science, Self-Mastery and Faith: We have two choices in life - Grow and learn or defend**

David Hawkins M.D., PhD, in his book, *Power vs. Force*, describes two general classes of people: believers and non-believers.

The pessimistic position of non-believers is everything is false until proven true stems from fear; the optimistic believers acting from self-confidence say things are true until proven false. His book is the study and mapping of the energy fields of consciousness using kinesiology. He states, "Living things all react to what is life-supportive and what is not; this is the fundamental mechanism of survival, Inherent in all life forms is the capacity to detect change and react correctively." By paying close attention to your thoughts, perceptions, beliefs, attitudes and feelings, his Map of Consciousness (Pg. 30-53) can help you identify in the moment, where your consciousness lies.

### **The Power of Thought is the ability to use the mind to create change**

Our subjective mind creates duality. The law of attraction, like the law of gravity, is ever present and always in effect. Simply stated: Like attracts like. In achieving self-mastery and wellness it is important to understand and master the universal laws that underpin our existence. Our thoughts are like magnets; what we think about returns to us and create our physiology. To create wellness in our lives, we need to investigate our thoughts, feelings, perceptions, and beliefs and learn to think thoughts of health, happiness and prosperity. Every thought you have has a corresponding action in the body. Man's conscious thought, acting through universal law, may change any condition in his experience, provided he can clearly conceive of that condition as being changed. The only limit is in man's desire to search out the truths of these laws and constructively use them.

The Placebo Effect is one of the most extensively documented and widely accepted forms of the power of thought. The placebo effect occurs when the mere belief in the remedy renders the remedy effective. However, according to Dr. Larry Dossey in *Healing Words: The Power of Prayer and the Practice of Medicine*, the placebo effect has contaminated even double-blind studies (Dossey, 1993). This suggests: Experimenters' and physicians' beliefs about a remedy can be communicated to their patients subliminally, if not telepathically. Even in the Bible, the

faith in the cure was one of the essential elements in healing in statements attributed to Jesus (Matt: 17:20, 13:58, and Mark 6:6).

Just how do beliefs and emotions create change? If we use the human body as a model for creation, a good example would be the body's response to an emotion. In the first step, a belief is held (a habit or state of mind in which trust or confidence, is placed in some person or thing). In the second step an emotion...a state of feeling that, creates a physical reaction and physiologically involves a change...prepares the body for immediate action. All there is: is mental action and reaction.

Belief + Emotion = Change

Just how did this perfect response system get confused. Remember, like attracts like. The emotions of fear, guilt, anger and resentment draw to us what we focus upon. Many people are adept at focusing on problems and can articulate very clearly what isn't working in the world. Imagine what that person's life might be like if he/she was focused on what they wanted. Learn to be happy with who you are! Happiness is a choice not an emotion.

***FAITH is taking the first step even when you don't see the whole staircase.*** Your expectations set the boundaries for your life. Everything is energy in motion. Dare to believe for the impossible. Conceive it in your heart and see through eyes of faith. Don't settle for anything less than the best. First, evaluate yourself. What kind of beliefs do you have about yourself? Be honest. Are they positive, neutral, limiting or negative? What you believe about yourself has a greater impact than what others believe. Do you have different types of beliefs for different areas of your life? Look for incongruence. Examples in your life might be you may believe you are a successful doctor or practitioner, but have a lifeless marriage. Or you may see yourself as active and healthy, but struggling financially. Do you believe in some medical diagnosis being the only outcome and certain treatments the only options? If so it is time to step out of the box. Let go of old collective conscious beliefs and focus on new outcomes.

## **Beliefs, Conscious Creation and Self-Mastery : Your Beliefs Establish The Limits Of What You Can Achieve!**

Our outward life experience is the result of our inner mental beliefs. Our actions, which create our experiences, are the direct result of our thoughts. Our ego bombards our mind with many cleverly devised patterns of nagging thoughts, fears, doubts, suspicions, reasoning and theories. The ego knows our strengths and weakness, our beliefs and fears. Our ego has created concentrated areas in our mind where a particular group, activity, or set of opinions is concentrated. This area keeps us in prison due to a certain way of thinking. Barriers are in your mind; change your thinking, and influence your life experiences.

Roger Banister ran a 4-minute mile. A few decades ago no runner could break this record now more than 336 others have. He moved beyond the barriers by training, focus and having the belief he could do so. Banister broke a perceived limit in human capacity. Once he broke through that limit, he shifted beliefs about what was possible. Once those beliefs shifted, many others were also able to cross that barrier. We see this happen all the time in the worlds of athletics, medicine, science and technology.

*"Responsibility is about living in the present moment. We cannot change the past. We can only affect the future by what we think and do in the present." - Science of Mind*

***You can't unscramble eggs.*** Fostering the positive creates successful solutions. Letting go of the past, instead of using the past emotional wounds as an excuse for making poor choices today, is preferred and powerful. Speak positive words about every situation you face. Your words affect others. What are you passing to others? Learning to send negative energy projections back to the sender enables you to maintain a positive frame. Example: I can see you are very angry, thank you for telling me; I might be angry also if I were you.

While Kinesiology is the allopathic study of muscle movement, Holistic Kinesiology™ also includes the study of all natural body energies and their effect at the physical, emotional, mental and spiritual levels. Holistic Kinesiology™ acknowledges the relationship of the mind, body, and spirit and is a great tool for discovering limiting beliefs. Many of our beliefs are hidden from our conscious mind, but they still affect our decisions and our life. They affect what we attract into our lives. What do you expect to happen in your life? Think about your relationships, your job, your community and your life. Be honest. What are your limiting beliefs? When a client or patient comes to see you and they have a diagnosis where does your mind go? Are you open to the possibility of spontaneous healing?

### The Path to Wellness and Self Mastery

Wellness begins when a person understand that their life is in their control. What differentiates self-mastery from self-doubting is being willing to show up for life and not be passive. A continued focus on what is wrong lessens the flow of our creative abilities keeping us stuck in our emotions and old realities. You will never rise above the image you have of yourself. Who do you think you are?

- Understanding your Divinity and choosing to conduct your life in a way that supports everyone and everything on the planet
- Faith is required because your expectations set the boundaries of your life
- Begin to look inside for answers instead of casting blame. Why did I react this way?
- Understanding the law of attraction (*like attracts like*)
- Figure out if you are coming from a place of compassion, polarity or denial
- Giving up the need to be right and the use of fear, shame, blame and guilt to control others
- Understand that your life is in your control and you are not a victim (*you only have a victim story*)

- Understanding no one can make you feel anything
- Deciding to rewrite the 'software' of your mind in order to change the 'printout' of your life (*It is all in the programming. In order to change your life it is important to conquer and transcend the challenges of life by changing your thinking and feelings, reactions and behaviors.*)
- Believing that you have a unique purpose and potential in the world and it is up to you to discover what it is and how to use it.
- Use the power of thought to create positive change
- Have a strong sense of self-determination to accept the perfection in every event knowing it is an opportunity to gain wisdom
- Become Compassion; "acquire the ability to witness an event without judgment"
- Deciding to articulate new beliefs and lead others to new understandings of health and wellness

### The Golden Rule

The golden rule is expressed in many of the world religions and in many cultures. Different words are used but all say the same thing; "Do unto others as you would have them do unto you." To apply the golden rule adequately, we need to be able to *imagine* ourselves, vividly and accurately, in another person's place on the receiving end of our actions. In order to do that there must be a desire to *know* our *beliefs* and understand what effect our *beliefs* and *actions* have on our lives and the lives of others.

Centuries ago, when Greece was considered the epitome of Philosophy and Civilization, the words 'Gnothe Seauton' which means 'Know Thyself' were inscribed over the entrance to the Apollo Delphi an Athenian Temple.

I challenge everyone to "Know Thyself" to discover who you think you are and then decide who you are to become. Always remember a *belief* is a state or habit of thought in which trust or confidence is placed in some person or thing. *Wisdom* is the perfection of

knowledge about the most important truths accompanied by an inclination of the entire human nature to live and act accordingly.

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## Resources

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