



The joy of being in nature...
Alto Paraíso, Brazil

Awakening to Sanity (letter 4)

Heal yourself in body and mind

Dear friend,

Today was a beautiful day, looking at it from my heart. Why? Because I accepted it as it unfolded, although not everything went as I liked. Whatever I can truly accept as it is, will not be a source of tension anymore.

We talk a lot about the capacity of letting go in our meditation teaching and one might get the impression that this is the most important key for awakening and healing. But there is another important capacity that immensely contributes to well-being: acceptance.

So there are three things to learn: acceptance and letting go, and knowing which one to use when.

I suggest to always start with acceptance of ourselves, others and situations as they are. This is the basis. If after that we still notice clinging and aversion, we might focus more on letting go while continuing to accept ourselves with our little difficulties and challenges.

One might get healed through the skilful help of someone else. This is possible, especially if we open up to the beneficial influences that we encounter. It might last, but often it will not.

I am more interested in how to heal ourselves, because this will help to focus on what we can do ourselves rather than searching for solutions outside. We can take our well-being and health into our own hands and learn a lot by doing so, not leaving it up to meeting a healer one day.

Health is dynamic; there is no static state of health. We cannot reach health and then stay there forever; this is impossible – it would contradict life itself which is a constant process of change. Health is a constant process of healing, of finding a sound balance again and again.

Similarly we can say that Awakening is a constant process – moment to moment – of being awake and becoming awake to what is, knowing reality just as it is. In a way awakening is true acceptance of what actually is based on a deep letting go of ideas, suppositions and labels that cover reality.

Mental suffering is the stress that originates from the discrepancy between our ideas about reality on one side and reality as it actually is on the other side. When our thoughts, ideas and expectations are not in accordance with how the world actually is, then we are not in tune – and thus we experience tension or suffering. Prolonged such discord can even result in mental illness.

Physical suffering is the stress that comes from an imbalance in our (subtle) energies which might over time even lead to manifest physical illness. But physical disease is not only due to imbalances in our diet, physical activity, exposure to heat, cold, lack of sleep or alike causes in the physical sphere. Often it is also due to mental imbalance: what we feel and think – what our heart and mind are preoccupied with. Vice-versa, physical imbalance can also cause mental imbalance.

Body and mind are intimately interrelated, and the connection between them are the subtle energies that influence our breath, heart beat, digestion, hormone secretions etc.. What we do (or not do) with our body influences the mind and what we do (or not do) with our mind influences the body. So let's take good care of body and mind alike, becoming sensitive to their subtle cross influences.

All the best to all of you

Tilmann Lhundrup