




# Discover your inner key to healing

Dr John Demartini explains how to look inwards, to your inner physiology, to find the tools to heal emotionally, spiritually and, subsequently, physically.

 The treasure of your physiology brings healing. Imagine this: All the cells of your body know exactly what to do. If you think about it, you have trillions of cells and literally millions of biomolecules working on one of those cells all working in co-ordination, all the enzymes and DNA and the genetics, all those things are working in harmonious fashion.

#### THE INTELLIGENCE OF THE BODY

Imagine if we had to be responsible for figuring out every one of the body's biochemical actions and we had to be able to co-ordinate that. There's a hidden wisdom inside us that is extraordinary and even Christian de Duve and other Nobel Prize winners who studied biology are humbled by the intelligence of the body. The body is amazing, and the treasure that is sitting there stored, waiting to come out to the surface to bring being to our life and true healing, is enormous.

#### The body's attempt to give feedback

What I've learned over the last thirty-something years is that your body is working for you and not against you. And what's amazing is that we have, in our society, somehow adopted the idea that disease is bad. And I want to break that pattern, I want to share with you a different insight; because my observation from working with literally thousands of people in clinical cases is that the body is attempting to give feedback and helping them live to their full potential, and sometimes our signs and symptoms that we think are disease are actually feedback mechanisms that help us.

Let me give you an analogy. If you go out and have a pizza, then on top of that you have a bunch of orange juice and then you have a cheesecake, and then you have some sauerkraut and then you have maybe some spareribs and you continue eating the most ungodly combinations you can imagine, the next morning when you wake up you'll probably be puffy and allergic and snuffy and you'll probably have symptoms and indigestion and maybe bloat and maybe gas and all kinds of stuff. And the question is, is that health or disease? Now, one approach is that it is a disease and that you need antacids and you need this and you need that to try



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He is a leading inspirational speaker, authority on human behaviour, teacher and author. His knowledge and experience are a culmination of 35 years of research and study of more than 28 000 texts in over 200 disciplines ranging from psychology, philosophy, metaphysics and theology to neurology and physiology.



and solve these symptoms, but I come from the perspective that this is your body trying to give you feedback to let you know, 'Hey, you're blowing it, you're eating too much, you're eating too many varieties. You're not combining well.' And so maybe the body is trying to guide us; to live more fully by giving us feedback.

#### The choice to change perceptions

From my observation of working with people, particularly with mind-body relationships, I notice that the signs and symptoms of the body are literally feedbacks to guide our mind and our actions back to poise and balance. In other words, if we see an event that we think is stressful and we think there is more loss than gain, more negativity than positivity, more pain than pleasure from the event in our life, then our physiology defends itself from stress and it starts to take its blood supply out of the organs of digestion and physiology that bring healing and goes into stress response. Then what happens is we create reactions, we create disease and our immune system goes down and our physiology starts to, in a sense, weaken. If we continue to do that over a long period of time we start to break down. But what that's actually giving us feedback to do is to change our perceptions, to look for opportunities, to have a balanced perspective.

Once a gentleman afflicted with psoriasis (since childhood) came to the programme I call the breakthrough experience: He learned the Demartini Method, which is a method of finding hidden order in the apparent chaos of life. When he was finished he had tears of gratitude for a father he had alienated since he was a child because he perceived his father as being mean to him – he thought he had been violent to him and everything else. But on completion of the programme he found a way of loving his father, he saw it from a different perspective because from the depth of his soul he wanted to love his father just like everybody else. He went back to his city and a short while later I got

a letter back from this gentleman saying that his psoriasis had disappeared two weeks after being on my programme. The psoriasis was a feedback mechanism to let him know that he had an imbalanced perspective about his father and it was blocking love and appreciation for someone he loved deeply inside.

#### THE POWER TO HEAL

You have the treasure to heal inside you. If you go inside and meditate into your intuition, it whispers to you about what is inside you that you haven't loved and appreciated, and why you have an imbalanced perspective and why you have a stress. The treasure inside is that you have the power to heal, just as you have the power to create the cells of your body; you have the power to heal the cells of your body.

Just as you have the power to bring order and physiology beyond a Nobel Prize winning understanding so, too, you have the ability to transform and bring healing. It is love and gratitude that are the greatest healers. Having certainty and presence in our life, and love and gratitude in our heart, I believe, is the key. And our body and our mind work together for this end. And I believe that is one of the great treasures that we want to unveil. So when you have signs and symptoms, instead of thinking, 'Oh, this is terrible,' look deeper and discover what those symptoms are trying to guide you to do. Any unresolved stress will be stored in the form of signs and symptoms.

#### CONCLUSION

Dig deeper, find the treasure that is actually hidden in every event of your life – if you start to see stress, look again and look for the hidden order in there. There is a way inside to the treasure. Love and gratitude are the way to allow that treasure to come to the surface. This is a key of healing, and your body is designed to heal. All we have to do is appreciate and love that treasure. ●

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#### About Dr John Demartini:

Human Behaviour Specialist, Educator, Business Consultant and Internationally Published Author. Dr Demartini is considered one of the world's leading authorities on human behaviour and personal development. He has produced over 60 CDs and DVDs covering subjects such as development in relationships, wealth, education and business. For more information visit [www.DrDemartini.com](http://www.DrDemartini.com) or email [info@DrDemartini.co.za](mailto:info@DrDemartini.co.za) (SA) or call 011 011 9093.

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