

CHAPTER 5

HAVE JOY

HAPPINESS

With worry or fear comes intense emotion, but when worry is replaced by your affirmation, you may feel the immediate sensation of a burst of positive energy (glad) which may even shake the body like a jolt of electricity. Seeing your body as an expression of perfect love, while you speak your affirmation allows for your situation to be harmoniously resolved for all concerned. “Perfect love cast out fear.” We are instructed to live life joyfully in ancient text. *Ecclesiastes 9: 9*

The Basic Emotions

The basic emotions are scared, mad, sad, glad. I believe these can be reduced to just two feelings, because the four blends. Anger is an expression of fear of loss of happiness, leaving one sad and angry. Glad is the absence of fear. We are instructed to fear not. *Isaiah 41:14*

Ways to overcome anger are listed as follows. Try to talk yourself out of being angry. When thoughts of anger come into your head, yell “stop” (silently, if you are in public). Distract yourself when you're angry. For example, pick up something to read, if waiting for someone who is not moving quickly or who is responding negatively.

Force yourself to be quiet and listen when other people are talking. Learn how to meditate. Use the skill every time you become aware of negative thoughts or angry feelings. When someone is truly mistreating you, learn how to be effectively assertive, rather than aggressively lashing out. When people do wrong to you, forgive them. Cultivate friends at work or in your religious group. Learn to laugh at hostile tendencies. Engage in regular exercise. Treat others as you would have others treat you. Live every day as if

it was the only day you have. Yesterday is already gone and tomorrow you don't yet have. For a person's life and body to be affected in a positive way, think on solutions to problems instead of on the problem. This can lead to a feeling of accomplishments, and help to avoid stress.

Work can undermine a person's health and happiness, when it infringes on the time needed for rest, play, hobbies or projects. The option a person can take to stop this is to *plan* events, rest, hobbies into schedule, and take many small vacations. Five techniques for finding humor are: telling jokes, watching comedy shows, focus on the positive in all situation, play with children, playing that brings joy. Developing a coping defense can help to shield you from distress, calm emotional upset, and disengage from negative thoughts.

Coping defense mechanisms as guided imagery (mental picture of your affirmation), speaking out your affirmation with feelings, positive body image, breathing exercise and relaxation exercise are helpful to combat stressful events. As you maintain an emotion of *GLAD* with a focus on THANKFULNESS, this is the fertile ground for which your affirmation can flourish and manifest. You will cast out fear and negative thinking. Your positive affirmation now has the avenue by which to manifest. Believe and be glad. The joy of the Lord is our strength. Call out loud “Joy” “come here joy.” You may smile at yourself for doing so, but joy comes with a smile.

AFFIRMATION

THE LORD HAS DONE GREAT THINGS FOR US. WE ARE GLAD.

Psalms 126:3

Mantra Meditation

A **mantra** can be a syllable, word or a phrase that is generally repeated over and over. Using a mantra provides a point of focus for the mind. A mantra acts as a positive affirmation, a constant reminder and a way to bring yourself back to your base. A particular combination of sound vibrations, when chanted or meditated upon, has a specific effect on the body, mind, and psyche. This resonance assist healing and spiritual elevation. In each repetition a certain energetic vibration is being sent out into the world.

You can begin by chanting the mantra aloud and letting the resonance

flow through the body, take the volume down to a whisper, and finally continue by repeating it mentally. Mantra is often used as a way of focusing. It can be simple, as chanting the word love three times. You can link your mantra practice to work with particular areas of the body, and with each chakra (see chapter 4, section on chakra). Many people find using a mantra helpful in times of stress, even in public places. A mantra can be repeated silently, as an affirmation it is a helpful reminder to bring you back to base (your higher nature).

The devotional path where God is worshiped, spiritual verses are chanted with fervent devotion. This brings a sense of connection to your higher nature of universal love. Then the emotions are settled down, to stabilize once more. The heart center is open to universal love. You may experience strong emotions and crying, then the emotions are left to settle. This is very healing on the emotional sphere.

If you are not comfortable with a chant to God, you may feel more comfortable interpreting it as being a chant to the light you carry within. Chanting can be a worthwhile and fulfilling experience. It is incredibly soothing. It seems to wipe away all the usual preoccupations, so chanting is like an instant mental vacation. In addition, it clarifies your intentions, and is uplifting for the heart.

Mental Imagery (Guided Imagery)

Imagine condition improving. For example, in the case of asthma, imagine the lung passages opening wide, and air moving through freely. Use as many senses as possible for a more vivid picture in the mind. Some examples are imagining the warmth of the sun, recall of a favorite tune, the smell of cinnamon, or the taste of fresh baked bread.

Mental Imagery helps to promote psychological and emotional awareness as well as physiological changes. It is used to treat chronic pain, allergy, hyper-tension, irregular heartbeat, autoimmune diseases, cold and flu symptoms, stress related gastrointestinal (stomach, intestinal) problem, reproductive (sex organ) problem, and urinary problem. Practice your vivid mental picture of your affirmation for twenty minutes two times daily. Mental

imagery can be enhanced by using declaration of affirmations like these: *New strength is flowing freely to every part of my being now; I am renewed in spirit, soul, mind and body right now; Thank God, my burdens are light and easy.*

Breathing and relaxation exercise

As you begin your breathing exercise, focus on “*in with the good*” as you inhale and “*out with the bad*” as you exhale. Start by reclining in to a comfortable yoga position. Talk to your mind like you are speaking to a loving friend. Gently tell your mind and body to relax and let go. Think only about in with a good deep breath, then exhale totally the bad. To stay focus on your breathing you continue to speak “*in with the good*” as you inhale deeply, and “*out with the bad*” as you exhale deeply while contracting the abdominal muscles as you exhale out that last bit of air.

Breathing and relaxation technique:

- 1) Touch the tip of your tongue to the inner surface of the upper front teeth, then slide it just above your teeth until it rests on the alveolar ridge (the soft tissue at roof of mouth). Keep it there during the whole exercise.
- 2) Now exhale completely through the mouth making an audible sound (whoosh)
- 3) Then close your mouth and inhale quietly through your nose to a silent count of four.
- 4) Then hold your breath for a count of seven
- 5) Then exhale audibly through the mouth, to a count of eight.
- 6) Relax the muscles in your body.

7) Imagine yourself in one of your favorite places.

8) Repeat cycle twice daily.

Nutrition for respiratory system (Lungs)

Chlorophyll rich super-green foods like chlorella, spirulina, and barley grass speed up lung cleansing, increase oxygen in the body, and help treat respiratory tract infection. Water diluted pineapple juice, with 1 TBS green super-food added for additional support act as a natural expectorant (treat cough).

Potassium juice is cleansing, neutralize acids, rebuilds the body, provide rapid energy and system balance. Potassium juice food source: 3 carrots, 3 stalks celery, ½ bunch spinach, ½ bunch parsley.

Fresh fruits, high chlorophyll vegetables, sea veggies, non-gluten grains like brown rice or millet help to alkalize the body. (See chapter 8, section on acid/alkali balance.)

fruits that aid the lungs are berries (clean mucus), kiwi, and citrus fruits. Avocado (pear) leaf moves mucus out of chest and lowers the blood pressure.

Drink plenty non-dairy fluids like water, natural juice, herb tea, or and broth to hydrate and flush the body.

Herbs that cleans and nourish the respiratory system

Eucalyptus

Juniper berries

Sweet clover

Chamomile

Mullein herb tea is good for respiratory ailments as tuberculosis (TB), bronchitis, and asthma.

Mulberry clean mucus and waste.

Comphry root cleans and rebuilds cells in the lungs.

Green grapes help to improve and makes the voice strong and helps with thyroid problems.

Grapevine tea, one cup daily for nine days every month, help to remove

chemical waste especially from the breathing passage.

Balm of Gilead is used for coughs. The bark is used for headache, relieve pain and lowers fever.

Elecampne is used as a powerful antibacterial and anti-fungal for pulmonary infections, asthma, and bronchitis.

Bayberry is used at first sign of colds, coughs, or flues.

Immune Support Herbs

Panax ginseng

Echinacea

Astragalus

Siberian ginseng

Goldenseal

Licorice

Ligustrum

Suma

Codenopss

Paud-arco

Chaparral

Red marine algae

Garlic

An anti-infection agent is olive leaf extract.

Tea tree has decongestant, antiviral and antibacterial properties.

Oregano oil has antiviral and antibacterial properties that help to eradicate lung infection, thin mucus, and stop excessive mucus secretion.

For bronchial respiratory problems as asthma warm coconut oil is used to massage chest, and **bush bath** given as one gallon of any of the following tea is add to bath water: rosemary, eucalyptus, pimento, chamomile, or wormwood.

Tips Stimulate the immune system (see chapter 19, section on Nutrition for a healthy immune system). Get plenty quality sleep, fresh air and sunshine. Avoid: air pollution, heavy metal pollutants like tobacco smoke, secondary

smoke, or chlorofluorocarbon-carbons.

Exercise to increase circulation.

Hot 20 minutes bath or sauna, with cold water rinse after.

Inhalant: six drops essential oil added to one-quart hot water and inhale.

Eucalyptus acts as an antiviral to loosen mucus, helpful in cases as asthma, bronchitis, and sinusitis.

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