

Rude Awakening: Change Your Thoughts, Change Your Life

By Simon Yu, MD

If you have chronic medical problems with many unexplainable symptoms and if you have been told you have an incurable medical condition and if you wake up in the morning feeling constantly overwhelmed with a sense of impending doom and a sense of hopelessness, consider reading Dr. Wayne W. Dyer's book, *Change Your Thoughts- Change Your Life*. It may truly change your life. I just finished his book. This book is his interpretation of Chinese philosopher Lao-tzu's work, the *Tao Te Ching*.

Change Your Thought-Change Your Life, Wayne Dyer's lesser well known book among many books he wrote on self-help is full of wisdom based on the eastern philosophy of Taoism. Five hundred years before the birth of Jesus, Lao-tzu in China dictated 81 verses which are regarded by many as the ultimate commentary on the nature of our existence.

The classic text of these verses, called the Tao Te Ching or the Great Way, offers advice and guidance that is balanced, moral, spiritual, and always concerned with working for the good. Some of the quotes include: (You may substitute Tao with God or Universal Force)

1st Verse: The Tao that can be told is not the eternal Tao. The Tao is both named and nameless. As nameless it is the origin of all things; as named it is the Mother of 10,000 things.

7th Verse: Heaven is eternal- the earth endures.

18th Verse: When the greatness of the Tao is present, action arises from one's own heart. When the greatness of Tao is absent, action comes from the rules of "kindness and justice." If you need rules to be kind and just, if you act virtuous, this is a sure sign that virtue is absent. Thus we see the great hypocrisy.

38th Verse: A truly good man is not aware of his goodness and is therefore good. A foolish man tries to be good and therefore not good... The highest virtue is to act without a sense of self. The highest kindness is to give without condition. The highest justice is to see without preference.

41st Verse: The Tao is hidden and nameless; the Tao alone nourishes and brings everything to fulfillment.

45th Verse: The greatest perfection seems imperfect, and yet its use is inexhaustible. The greatest fullness seems empty, and yet its use is endless.

58th verse: When the ruler (Government/Congress) knows his own heart, the people are simple and pure. When he meddles with their lives, they become restless and disturbed.

63rd Verse: Practice non-action. Work without doing. Taste the tasteless... See simplicity in the complicated. Achieve greatness in little things.

67th Verse: I have three treasures, which I hold fast and watch closely. The first is mercy (compassion and love). The second is frugality (moderation and simplicity). The third is humility. From mercy comes courage. From frugality comes generosity. From humility comes leadership.

71st Verse: Knowing ignorance is strength. Ignoring knowledge is sickness. Only when we are sick of our sickness shall we cease to be sick. The sage is not sick but sick of sickness; this is the secret of health.

79th Verse: One with true virtue always seeks a way to give. One who lacks true virtue always seeks a way to get. To the giver comes the fullness of life; to the taker, just an empty hand.

81st Verse (Last verse): True words are not beautiful; beautiful words are not true. Those who have virtue do not look for faults; those who look for faults have no virtue....Heaven does good to all, doing no evil to anyone.

I hope you tasted and enjoyed the short random versions. I just highlighted some of the important teachings of Lao-tzu's *Tao Te Ching* to stir your interest. Dr. Wayne W. Dyer did a wonderful job on the interpretation of the Tao Te Ching in the context of modern day spiritual growth and the Inspiration of Life.

If you feel overwhelmed with unresolved emotional conflict with guilt, shame, anger, blame, jealousy, or fear, your chronic medical illness may not be what you think, what you have been told, or what has been diagnosed. It is good to start reading Wayne Dyer's *Change Your Thoughts-Change Your Life*. Reconnect with your past, present, and the future. Get counseling with your priest, rabbi, spiritual leader, or counselor.

If you are not affiliated with any religious group, check out Phyllis Spark's Soul-Esteem Center. Rev. Phyllis Spark will take you to a new dimension of metaphysics and spirituality. Be inspired! Chaplain Paul Johnson is available at our Prevention and Healing Clinic to guide you in your Medical Spiritual Wellness. He and I conduct a Medical Spiritual Wellness support group every third Tuesday evening at 6:30 pm. Everyone is welcome to join us.

According to Quantum Physics and Quantum Effects, you can create your own reality: It can be the Rude Awakening of your reality and/or you can Change Your Thoughts and Change Your Life.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories, and Dr. Yu's revolutionary health book *Accidental Cure: Extraordinary Medicine for Extraordinary Patients*, visit his web site at www.PreventionAndHealing.com or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly presentation and discussion by Dr. Yu on Alternative Medicine at his office on the second Tuesday each month at 6:30 pm. Call to verify the date. Seating is limited, arrive early.



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