



E-newsletter - September, 2010

Miracle Healing

Worry Causes Ailments in the Body

I'm a regular hiker and this August I planned a trip to Scotland with the goal of hiking Ben Nevis, the highest mountain in Great Britain. It's no Everest, but with nearly a mile of ascent, it's the toughest mountain I've ever attempted. The months leading up to the trip I did some extra training, so I felt really strong when it was time to join the group near Glasgow.

That week, there were 2 challenging hikes offered before Ben Nevis. On the first day, my body felt good and I was happy. So it was surprising to find that my left knee was sore at the end of the day. My knees had never given me problems, so I gave this little thought and the next day set out again on a long hike. The ascent was arduous and slow, but my legs were up for it. Then, after lunch, we started a descent that was scheduled to take 4 hours. Almost immediately shooting pains began in my left knee. Although I tried to shake it off, the throbbing kept getting worse. My walking sticks allowed me to put some weight on them, so I tried sidestepping down the hill. But the pain was terrible and I was falling behind.

When the group stopped for a short rest, I caught up and sat in reflection just outside the circle of walkers. "Why is this happening?" I asked myself. I remembered that problems with the knees are a reflection of fear, and that the left side of the body reflects what is happening with the women in your life, so I started to analyze what was going on. It hit me like a flash: my mother had been very ill for 2 weeks and I'd been on the phone or email every day to check on her. My thoughts were constantly on my mother. In short, I had been very worried.

Releasing Worry Heals the Body

Worry may seem like a natural response to the illness of someone you love, but the fact is that the body cannot handle periods of worry. It will respond with pain or illness, and that was obviously happening to me. So it was clearly time to let go of my anxiety.

Getting down that mountain was accomplished by sheer willpower. But I resolved that that would be the last of the pain. In the evening I went to my room immediately after dinner and spent several hours alone. In meditation and prayer, I asked Spirit to help me surrender my fear. I lovingly handed over my concerns about my mother and asked for peace. Then I went to sleep, confident that in the morning I would have clarity about whether to do the big hike.

I felt strong when I woke up and made the decision to join the group that was going to tackle *the Ben*. During the 4-hour ascent, whenever I found myself worrying about the descent, I pushed those worries aside and repeated, "I am strong. I am flexible. I can do anything." And when it was time to head down, can you guess? I nearly flew down that mountain! I was so overjoyed to have reached the summit, and so thrilled to be hiking down without pain, that I literally skipped from rock to rock. I actually got down well ahead of the group. And the entire time, I was singing, "Thank you, thank you, thank you," to Spirit.

My Mom is improving now, and I'm relieved about that. But I've learned that any amount of worry is too much for the body. I now know that the sooner we hand over our concerns to Spirit, the sooner we can be pain-free.