

# How to Think and Feel Well

“a small book of big effect”



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## **Foundation Understandings**

The body is an intelligent self repairing organism that works exceptionally well, so long as it has the appropriate building materials, and the support of your conscious mind.

Negative attitudes are a primary cause of disease in our society as our body can be controlled by our thoughts. If we think unwell of others or ourselves, our body reflects this in various ways. For instance if we get annoyed with someone, we get tense, our blood pressure increases and our breathing becomes more chaotic. These physical effects lead us away from a state of ease to dis-ease.

Having a way of perceiving life around us, that allows us to remain calm and well, is the aim of this little book. It is the result of a personal voyage that has seen the author persevere through suffering and disease to find a way that makes sense and works. To do this took many years of trial and error and of reading thousands of dollars worth of books. The most helpful sources in the end were from the Yogis, Mystics, Prophets, and Saints.

We recommend that you first read the whole book and then you print off and carry a topic or two with you for twenty one days, reading it whenever time allows throughout the day. In this way your mind will become etched with the new understanding and it will slowly become your new way of thinking. Old ways of reacting will drop away for new ways of acting. No longer will your health be at the mercy of your environment, instead you will choose to remain well no matter what others may do. In essence you are now on the path of mastering yourself.

We wish you well.

## **Wise or Narrow Minded**

The difference between a wise person and narrow minded person is that a wise person has many points of view, whilst a narrow minded person has only one. It is observable that a narrow minded person will argue to defend his point of view, and as such remain narrow minded. Whilst the wise will listen and try to understand the others point of view, and in doing so will gain yet another point of view and grow even wiser.

## What is in a Word?

Words are more powerful than most people seem to understand. They make a subconscious impression on our mind that must be experienced to be understood.

To understand what I mean, please get comfortable, relax, close your eyes, and pay attention to the feeling in your body whilst repeating first “The horse is dead” and then “My horse is dead.”

Notice how you feel a sense of loss with “My horse is dead” and you probably don’t even own a horse. This means the word “my” creates an imaginary attachment, and then a sense of loss if the object is removed.

Next imagine that you are walking across a room carrying a full bowl of soup in you hands. If someone calls out “don’t spill the soup” this impresses the mind with the idea of spilling the soup and creates much more difficulty in keeping the soup in the bowl than if they call out “keep the bowl level.”

This shows that a positive statement is more helpful than a negative one.

Another example of this I have observed is when an adult walks with a young child approaching a puddle and calls out “don’t walk in the puddle.” You guessed it, the child heads straight into the puddle. If they had only called out “keep your shoes dry” the result would have been quite different.

What I am getting at here is that words have a powerful effect on what we do and how we feel.

If we want to think and feel well, we need to choose our words and thoughts carefully.

To do this we need to understand what the effect of different words are and to practise the use of words that create the desired effect.

Remember **“A positive statement is more helpful than a negative one”**

## **Worry**

Worry means to feel troubled, anxious, or uneasy.

If we feel troubled, anxious, or uneasy, we are anticipating an unpleasant outcome to some situation. We are imagining that something negative has, or will possibly happen. We think; I am worried. What if they've had an accident? What if they don't like me? What if it all goes wrong?

Staying with these types of thoughts only serves to agitate us. We become ill-at-ease and this clouds our mind to some degree. We may even have trouble sleeping or digesting our food.

Obviously this does not help either ourselves or the situation, so if we wish to help any one, we need to find a different approach.

Being worried means there is a scattering of mind over imagined negative possibilities.

## **Concern**

Concern means to deal with or have a relation to.

When we are concerned about something, we pay attention to the actual details surrounding it. We keep our thoughts on what has occurred and on what can be done to improve the situation. We think; I am concerned. Where can they be? How should I act towards them? Am I well prepared? What can I do to help?

If we can do nothing to help or further prepare ourselves, we can at least relax with the thought that we have done all that we can at this time.

This keeps us calm and therefore thinking clearly, so that we are best suited to handle any different situations.

Being concerned means there is a concentration of mind on the actual events.

## **Expectations**

Expectations are occurrences that we look forward too and anticipate to happen.

If they do not happen we may feel let down, agitated, annoyed or angry. Therefore it can be said that, “Expectations are at the root of all suffering” and indeed if you watch closely, you will find this to be true.

Take for instance when we say to our children, I expect you home by such in such a time, and if they do not arrive home by then, we feel annoyed.

Or if we expect our friend or lover to be trustworthy and they let us down, or if we expect a pay rise this year and we do not get one. It is obvious that we need a different approach, if we wish to avoid distress or dis-ease.

Remember **“Expectations are at the root of all suffering”**

## **Preferences**

Preferences are occurrences that we like better and promote as our choice.

When our preferences are not met, it is easy to be unaffected or indifferent. This is not to say, that we do not take action; it is simply that we are calm and at ease when we take action.

Preferences allow for change and the uncertainties in life. It seems easy for people to change their mind, or forget what they agreed to whilst engrossed in some event. Having preferences about people or events, allows for the unscheduled occurrence.

For instance, we may say to our children, I would prefer that you are home by such in such a time, and if you are not, there may be reasonable consequences.

Or we may say to our friend, I would prefer you to be honest with me, and if you have trouble with this, then I would like to reconsider our friendship.

The only thing certain in this life is change, and preferences allow for this.

## Judging

Judging is expressed in an opinion, typically to condemn another.

If we reflect back over our lives we can see that we did things that we would do differently now. However, like all people we did the best we could at the time with the understanding we had. To do our best is all we can reasonably ask of anyone, and the best way to help anyone do better, is to demonstrate a better way.

So long as one judges others, one is not able to assess oneself, because one is so full of the faults of others that one does not have time even to notice one's own shortcomings.

Assessing, that is judging without condemning oneself, allows love towards oneself and clarity of mind to find a better way.

We do not have to like what people manifest, however it is seen that the wiser one becomes, the less one judges.

## Forgiveness

Forgiveness means to completely erase all recollection or remembrance of the act from the mind *or* cease to regard the deed as an evil one.

In the first stage one ceases to verbalise the issue. Then one ceases to allow ones mind to dwell on the issue or one changes ones attitude to the occurrence.

Know that each limited human being, is doing the best they can, with the understanding they have, and if they do you wrong, it is because they know no better. Forgive them.

The thought that “**no it does not matter**” whatever another does, form a sort of principle to adopt in life. The thought “**either I deserve it or they know no better**” allows the mind to tolerate all and let it go.

Forgiveness is a key to healing oneself.

## Gratitude

Gratitude means to feel appreciation for what we receive.

One ceases to allow ones mind to dwell on “what is not” and then one chooses to dwell on “what is”

The first lesson that we learn on the path of thankfulness is to forget what we do for another, and **remember only what good any other has done for us.**

Gratefulness is best adorned by subtlety of expression. In thanksgiving, one word of thanks is sufficient.

If we answer every little deed of kindness with appreciation, we develop in our nature the spirit of gratefulness, and gratefulness in the character, is like fragrance in the flower, it attracts favour, forgiveness and mercy.

Gratitude raises our vibration and heals us.

## Acceptance

Acceptance means to receive willingly. We choose to appreciate whatever life offers us.

With a positive outlook and experience in life, we learn to patiently change what we can, and to accept what we cannot change.

Acceptance is a positive action, as opposed to resignation, which is when we feel beaten. We can see that acceptance is uplifting and resignation is disempowering. If we cannot change something, it is obviously wiser to choose acceptance.

And the most wonderful thing is that even if we feel beaten, we can choose to see some good in the experience and change to acceptance.

The idea that **“everything happens for the best”** is most helpful in choosing acceptance.

## **Love**

Love may be called the desire to be conscious of the object of love, for we admire all that we love, and are blind to the good qualities of that we do not love.

The expression of love then lies in silent admiration, contemplation, service, attention to please the beloved, and precaution to avoid the beloved's displeasure. Devotion to the beloved is proven by the willingness of sacrifice.

To a physical consciousness love means passion, to an emotional being it is affection, and to a human mind it is admiration.

We can see that possession is self-assertion; and loving is self-abnegation. The possessor must lose, sooner or later, the one they possess; the lover gains in the end, if not the beloved, love itself.

Lovers choose harmony, and relaxed, even, deep breathing, creates harmony of mind.

## **Recognizing Unity of Being**

To re-cognize something, we must know this thing. To know a thing we must experience it. To know the heat of a flame, we must feel it.

Therefore to know God in all that exists, we must endeavour to feel God in all things.

We can observe that to feel a thing, we must be attentive to it. To feel subtle things, we must also be deeply relaxed and gentle.

Therefore the first step towards recognising God is to be attentive, relaxed, and gentle towards all things.

This means we develop respect for all things, which is shown in a considerate manner. We choose to be thoughtful, tender, tolerant, forgiving, and grateful. This respect for all things opens our heart, and this naturally heals all things.

## Daily Health Practices

1) The body is an intelligent self repairing organism that works best when the conscious mind is feeling good and listening to the requests made of it by the body's cells. Endeavour to manifest the following words into physical action by smiling and repeating them at the same time.

**“Bright”**

**“Happy”**

**“Cheerful”**

2) **Listen to the sensations in your body.** Is it thirsty, does it need rest, do your bowels need emptying, and does it need nutritious food? If we ignore our body it gets into unnatural habits and sometimes the cell-groups get confused and work slowly or rebel. This situation can be gradually corrected by a clear intention directed towards these cells. Your conscious mind must be focused and the attention of the cell-groups gained by rubbing or tapping the area of discomfort or known disorder. At the same time give a firm order for the cells to improve their function. Say things like “come on now, get to work, we are all in this together and I need you to work better”. The exact verbiage is not important; it is the intention that communicates to the cells.

3) Remember the idea that **“everything happens for the best”**

4) Read and **practice at least one of the principles each day** until they become your normal mode of acting towards the environment. Be aware that it is normal to take two steps forward and one step back, so be gentle on yourself. Beneficial change is often slower and yet more permanent.

5) **Eat plenty of nutrient rich fruit and vegetables.** Fruit is best raw and green vegetables are best lightly steamed if they need to be cooked to aid digestion. A good rule of thumb for balanced main meal portions, is to eat four vegetables, two fruits, one carbohydrate (rice, potatoes, flour), and one protein (meat, fish, chicken, eggs). Stick to “as Mother Nature made it” as best as you can. Drink plenty of fresh chemical free water. Use sea salt.