

Healthy (again)

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1. Introduction

Health is no accident, but rather consists of many individual factors. Factors that can have influenced in a targeted manner. Independently and self-empowered. The present book is therefore, not an information booklet, but rather, very deliberately intended as support to accompany you towards your health (again). Health is no accident, but sometimes has to have consciously searched for and reinstalled afterwards. In your own body, but also in your own life. A task that only you can do yourself.

I myself have worked in medical healthcare for 35 years and have repeatedly experienced its blessing and its limitation up close. I have often wondered what helps people find their way back to health. I trained myself in a wide and varied way, tried countless things in advising and accompanying people with impaired health and learned a lot, a lot, a lot, while doing so. I would like to share this wealth with you in this book. So that, it personally supports you in being fully and holistically healthy again and becomes thus a valuable companion on your path in this regard. A path that is completely your own and that nobody can relieve you of. A path that usually takes several months, sometimes even years, but at the same time brings you back in touch with yourself, your own wishes, desires and needs. An extraordinarily wholesome and valuable way, therefore.

Health is your own responsibility and I invite you taking it on consciously (again), here and now.

May the book serve you!

Cordially
Susanne Edelmann

SECTION A: HEALTH AND ITS BASIC COMPONENTS

Health is no accident, but rather a harmonious interplay of various factors. This interplay succeeds effortlessly at a young age and requires little active support, then. However, as a person grows older, it is helpful if he consciously begins to deal with the individual building blocks and thereby, self-determinedly, obtains the ability to consciously and self-empowerment positively shape these individual building blocks. Something that visibly and sustainably affect his holistic health.

2. Health

Health is a highly individual story and so, our path together begins with three extremely important questions.

- What does health mean to you?
- How, specifically, do you know that you do live health?
- If you have lost your health a bit, how, more specifically, will you recognize that you have found health again?

Please take enough time to answer these questions in as much detail as possible. Health is ultimately a very personal matter and this means that you also have to deal with it personally if you want to be able to live it as fully (again) as possible.

What does health mean to you?

How do you know, specifically, that you are currently living health?

Yet, in concrete terms, how will you recognize that your path to the goal of healthy (again), has been successful and that you have found health (again)?

Health is much more than the absence of medical diagnoses. Therefore, the WHO (World Health Organization) defines health as follows:

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

If a person is confronted with a possible medical diagnosis and thus with the topic of disease. Meanwhile, decides that he wants to find his way back to holistic health, he must first be clear where exactly he want to go back. Therefore, it supports him, if he defines for himself what, specifically, health means for him and how, he will recognize these factors in practice.

If people have confronted with a medical diagnosis, they usually put all their energy into eliminating it as quickly as possible. This does not always succeed

and so, they often feel sick for life, although, from a purely factual point of view, most of their life is very healthy. I would therefore like to encourage you repeatedly, consciously and persistently, deal with the topic of health and thus, finding your way back to a self-determined and fulfilling life. A medical diagnosis usually, has a much more extensive impact on the life of the person affected than he is aware of it. Unconsciousness leads to the feeling of being at the mercy and sometimes gives rise to a basic feeling of helplessness over the years. A conscious examination with the medical diagnosis in and of itself, but also with the topic of health, leads to self-empowered self-determination. Another important factor in the area of holistic health.

Health means physical, social and mental well-being. Yet, what does this mean, specifically?

3. The four aspects of health (according to S. Edelmann)



Ultimately, health is a condition that depends on whether a person is fully comfortable in the four aspects of health. Something that you cannot only check

in yourself and your practical life, but also (re) create yourself. People often think they are at the mercy of their lives and thus, feel helpless. However, if you then, take a closer look, you will quickly realize that you have a wide range of options and therefore, can actively influence and thus, adjust your path to health at any time. Self-empowered and conscious.

Therefore, let us take a closer look.

3.1 Mental health

Our thoughts shape us and our quality of life much more than we are aware of it. Our thinking decides what is possible and what is therefore no longer possible.

For example, if a person is convinced that health is no longer possible in his current situation, it is no longer possible. In another example, if he has the (secret) conviction that he is worth nothing (with a medical diagnosis) and will therefore no longer find a job, this is exactly what happens. However, if a person is aware of his professional and human qualifications and decides that a satisfactory job is part of his holistic health, he will find the right job for him (again)

→ Did you pay attention to your thoughts when you read these last sentences?

It is the very personal thinking of a person, which has a large impact and which clearly decides what is possible and what is no longer possible. Something that sometimes happens consciously, very often also in an unconscious way and at the same time, however, one way or another, largely determines your own quality of life. Now, when a person begins to consciously observe and become aware of his (ongoing) thoughts again, he gains conscious access to them again. Something that gives him the opportunity to work consciously on any negative convictions.

Our human brain often operates in a kind of "carousel of thoughts" and if we do not consciously deal with it, it usually does its own rounds of thought in a kind of autopilot function. If you then, consciously take your time and listen to yourself, most people will find that these thoughts contain all kinds of negatives: fear and worries, negative ideas of the next few days, self-criticism and self-devaluation, etc.

Yet, if you want: put the book on its side for a few minutes and listen carefully and consciously to your own thoughts.

Human thinking is very often negative and these negative thoughts, in turn, shape! Negative! Mostly without people being aware of it. It is the inner attitude,

the view of things and life in principle and it is our own convictions, which influence more than we think.

Negativity produces and reinforces negativity. Inside and then of course also outside. If a person expects something negative, he will focus more on the negative aspects in his day-to-day work and thus not only encounter the negative continuously, but also focus on the negative and by doing so, intensifies it. If, on the other hand, he is convinced that he is one of those people who always meet with good, even and especially when life is not going well, he will also experience this. People often think they are helpless and by doing so, they are not aware that they themselves, with their own thinking, have a decisive impact on their lives.

Now, it may be that the negative and stressful prevails in your life and, right now, it is extremely difficult for you to perceive positive things. Here, I propose a daily ritual that you would like to incorporate into your life for the next few months if you want to.

Daily Ritual

Get in the habit of answering the same two questions for yourself each evening when you go to bed to sleep.

- Which three experiences were nice today? (This can be the nice weather, discovering the first snowdrops, the spontaneous and honest compassion of the neighbor, the cheerful laugh of a child, etc.). List three beautiful experiences of the past day and do this every evening from now on when you go to bed.
- What are you thankful for? List three things you are grateful for. Every night, before going to sleep. (The husband who stands by you, the warm and soft bed, the pain-relieving ointment, the two hours without pain, etc.). Put your focus very consciously on the good that you experience every day and be just as consciously, grateful for it.

Mental health includes:

- An appreciative, respectful and benevolent intellectual dealing with oneself.
- Clear, pure and positive thoughts.
- The ability to be master of your own thoughts and not only consciously review them regularly, but to steer them just as much, fundamentally, consciously and positively.

What now, reads relatively simply and presumably logically as well, generally requires conscious (self) processing in order to have installed sustainably. Human everyday life is usually filled with all sorts of important things and often, as well with lots of empty distractions. A person does not have mental health per se. On the contrary. As we get older, there is often negativity in our thoughts and therefore not only requires thorough cleaning, but also a conscious recalibration. No specialist is required for this. Mental health is subject to the sole rule of each person himself and therefore also his own responsibility. The formative importance of this aspect can only have grasped when people begin to deliberately deal with it.

Our thoughts shape our lives!
Much more than we are aware of.

Ultimately, our life takes place within our own framework of thought. A framework that determines how we live and, what we experience, in our very practical everyday life. If you are attentive and start listening carefully to your thoughts, you will increasingly understand how strongly your life and thus, your own possibilities have influenced by your own framework of thought.

At the same time, you can change your own framework of thinking at any time and thus, adapt it to the one that fulfills you in depth and meets your actual needs.

All too often, human thinking is concerned with the question of “how”. Yet, the main thing is to become aware of what actually corresponds to your own needs. Then, in a second step, to give yourself permission to live the one who is deeply satisfied and happy.

People are used to dealing with aspects that did not go optimally. They think of what is currently missing or is not yet optimal and this behavior usually makes them susceptible to an increased view of the negative without being aware of it. Therefore, it is very worthwhile consciously paying attention to your own thoughts repeatedly throughout the day. Then, just as consciously, to deal with the positive. Something that changes your life in a very practical and sustainable way.

3.2 Digression Violence

People have learned usually, at a young age, to exercise violence against themselves. Dogmas, norms, values and all sorts of social and family requirements call for a corresponding (social) adjustment. Something that usually requires self-discipline, which mostly, includes the ability to ignore or bend own self.

The corresponding socialization usually, happens in early years and since everyone does it, it will become normal with time. Violence, it is nevertheless:

- People ignore their own needs. Because now, something else is more important for example or you do not want to hurt the other as another example.
- People do inhumane things (also and especially with themselves) because others say they have to do it, for example.
- People repeatedly criticize themselves in their thoughts and not infrequently, they devalue themselves repeatedly as well.
- People overexploit themselves. Often consciously.
- People let themselves deliberately having abused. Sometimes, because they do not know otherwise.
- People force themselves to fit in although they have long since developed and no longer fit. They do so, out of loyalty or misunderstood love.
- People think carelessly and often in a rude and judging way about themselves. Yet, not seldom, they treat themselves that way.
- People refuse to fulfill their own needs. Out of solidarity, for example. So as not to attract attention. Or "because it's too late ..."

Violence closes a person, seen from an energy-based point of view and very often, this can have perceived in a person in the form of a certain rigidity and coldness.

Violence closes a person, considered energy-based. Every year a little more. The tendons become stiff. The bones fragile. The blood thickens and the blood pressure rises. The natural flow in the body is impaired and stalls more and more over time. Nothing goes away and nothing has allowed coming in, anymore. If you look at the life of such a person from the outside, it is usually narrow and rigid, there too. The flow of life has stalled to some extent. Fear occupies a large space. Liveliness and carefree cheerfulness fade more and more.

Violence in itself is usually an unconscious story and yet, part of mental health. As long as a person exercises violence against himself, his mental health is impaired, which means that he is not in his full life force. This without him being able to say what he actually lacks.

If mental health is impaired, holistic health is also impaired and if you want, I encourage you observing consciously yourself over the next few days and weeks. By doing so, grasping when and where you are doing violence to yourself. Yet, afterwards, making a conscious decision to let go of this behavior and live a non-violent way of dealing with yourself.

In the event of violence against yourself, the
therapy of choice is:
conscious and unconditional self-love

Mental health needs:

- The willingness to love yourself (again). To let go of what no longer suits and consciously deciding to forego any violence against yourself.
- The conscious decision to open up (again). To open up to pain and to (covered) ugliness. Yet, as well, to open up to good and to beautiful. In doing so, to allow the flow of life (again).
- The willingness to feel consciously (again). Yourself and life.
- The permission that you can move on and that life becomes alive and beautiful (again).

3.3 Emotional health

Yet, not only does your mind shape. A person's feelings also have a lasting influence on his own life and thus, on his own quality of life.

If you like, I invite you to put the book aside and take a look at your own feelings:

- How are you feeling right now?
- If you put your right hand on your lower abdomen, what can you perceive there?

Many people walk through their lives with a more or less permanently hard lower abdomen. Mostly without being aware of it. On the one hand, they have repeatedly suffered devaluation, abuse, rejection, malice or other subtle, mostly verbal "blows" and over the years their belly has become really hard, before the anticipation of getting more such unsightly behaviors. On the other hand, however, they have usually displaced some unpleasant feelings and pain in the

course of their lives. This, too, has led to the fact that the lower abdomen, as the seat of emotions, has become increasingly hardened. Blocked by suppressed pain and some (justified) anger.

If your own lower abdomen has become (hard), this not only prevents real, unprotected intimacy, but also the ability to experience feelings of the whole depth now. The (protective) wall in front of the lower abdomen simply no longer allows this. Something that can lead to a basic feeling of dissatisfaction without finding an external cause for this basic feeling. Access to one's own depth of feeling and thus to one's own deep vitality is blocked by a wall of unprocessed pain.

Therefore, the path to emotional health usually leads through a deep morass of old pain and old suppressed, negative emotions. A very unpleasant matter, yet, one, which is extremely worthwhile. How much, can only be determined when the hardening in the lower abdomen has dissolved permanently. When the belly is soft and alive again and the person has the ability to be fully present in the here and now and thus, consciously live and enjoy that very moment. Something that was previously only possible to a limited extent.

Only those who have experienced how extraordinarily beautiful and lively it feels to be completely relaxed and able to enjoy again, will understand how much the constant inner tension prevented him from enjoying life.

The lower abdomen is often the storage box of old and suppressed feelings. Therefore, to be able of feeling in depth (again), it is very worthwhile to allow all suppressed feelings showing up again and by doing so, clearing up the old. Your belly needs free space for your here and now feelings. Yet, as long as old and negative block, the new and beautiful can only be partially perceived or sometimes even, not at all.

Because, not only your thoughts shape your reality sustainably. Your feelings do that, too. If the same feelings have suppressed repeatedly over the years, this usually creates a basic feeling that is (no longer) accessible to consciousness. The basic feeling of "not being loved", for example or as another example the basic feeling of "missing out". The basic feeling "never get it on a green branch", no matter what you try. But also the basic feeling of inferiority or those of guilt and shame.

Most humans have never learned to pay attention to their own (basic) feelings. Yet, at the same time, exactly this feelings shape so immensely. Therefore, it is very worthwhile to repeatedly take times of conscious retreat and by doing so, listen to oneself and perceive how it feels, here and now.

Of course, this can have done in free form at any time. Sometimes, however, a certain template may help, in a first step. Therefore, I would like to present a