

Anatomy of an Illness

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Yuen Method Newsletter, February 13, 2006

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When we can be neutral about being sick, it only lasts for a few seconds or minutes instead of days and weeks. Neutrality results in no emotional attachment to illness. At times, we need to remind ourselves that sickness comes and goes with our thoughts. You can be stuck with a single thought or illness and then it can inevitably get you down.

There is nothing solid and concrete about sickness even though it may be difficult to think this way when we are in the midst of an illness. Sickness comes in cycles and it is as cyclical as other events in our life. Shifting in and out of sickness can be fast. It only takes one second for you to feel sick, but it only takes one second to feel better.

When you feel menaced by illness, you will attract and create more symptoms of that sickness. When we feel neutral about the illness, we have less possibility of becoming sick. Be well and be ready for additional information that is outside the box.