

Wellness Center

AT THE WAC

Stress Gets a Bum Rap

Remember the last time you had that feeling you forgot something? Maybe you were in the grocery checkout line, sensing in the pit of your stomach that you left something off your list. Do you recall how the instant you remembered the forgotten item the nagging feeling went away? Amazing! Or is this just how the body operates?

Robert Siegel, the author of this month's Wellness article, would say this scenario perfectly illustrates the useful and powerful purpose of stress. Stress sends more messages than just missing groceries. Just as that knot in your gut signaled your brain to remember, "stress" sends vital messages for health, wisdom and successfully navigating change. Once you decipher the message, the signal — whether in the form of symptoms or illness — can stop. So, "stress" is pure intuition, not the evil messenger we often make it out to be. Plus, there's no need to "manage the messenger." Rich benefits come with receiving the message. How does one do this? Ah, for that information, you must read the article ...



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THE HEALING DIALOGUE

*Don't 'manage' stress,
listen to what it's telling you*

BY ROBERT SIMON SIEGEL / *Stress Specialist*

Just as the "check engine" light flashes in your car before strange sounds increasingly interrupt smooth driving, every illness signals its development. First, we experience odd sensations. If we don't resolve their cause, the sensations become symptoms. From there, illnesses emerge. If we still don't pay attention and remedy the problem, then disease develops and organs deteriorate until, as they say in Hollywood, "It's a wrap."

Viewing symptoms and illnesses as "signals" opens possibilities for transforming problems into optimal health. Signals have a purpose. They communicate. They deliver vital messages about corrections that can restore health. When these signals communicate successfully, the symptoms and illness have served their purposes, so they dissolve. Health returns—and with it, beneficial knowledge for everyday living.

CONNECTING FOR OPTIMAL HEALTH

Individual human health is optimal when the mind, body, emotions and energy operate together, harmoniously and coherently.

In physics, "coherence" describes the well-known relationship when "the whole is greater than the sum of its parts." A major goal for optimal health is connecting the parts—and keeping them connected.

Since the human body's trillion cells each perform more than 100,000 operations per second, maintaining communication is the foundation for optimal health. The body constantly sends and receives messages for healthy operation. Every body part must constantly communicate with each other and as a whole. Receiving signals sooner is better than later, since they will persist. If ignored, signals increase the volume to get your attention. They will not cease until you receive *and* apply the messages.

DISEASES OF MISCOMMUNICATION

Researchers now view many illnesses as "diseases of miscommunication." For example, cells normally divide and stop dividing. Cancer cells suddenly go on dividing sprees, threatening their host organism's life, clearly out of touch with the body's "central command." Auto-immune