

AN APPROACH TO HEALTH

Towards Self-empowerment in Personal Wellness By Dr Ian Weinberg

1. Introduction

We are all driven in life by the need to have a good time. Of course we like to package this in any number of more elaborate descriptions such as the need to complete "life's work" or the need to "immortalize" our existence. But at the end of the day these reasons for living merely reflect our individual, unique requirements which when fulfilled, make us feel good (about ourselves). We are in fact no different from the simple amoeba which moves towards life-sustaining environments and away from life-threatening or noxious environments. Indeed this dynamic applies to the entire animal kingdom. May I hazard a suggestion that if we were all the creation of some Creator, this Creator would also need to derive a good feeling and fulfillment from this creation to sustain its very existence. In effect then, we all need to do what we need to do to have a good time.

To ensure that we are able to sustain the good feeling a little longer and a little more intensely, we will need to understand some of the dynamics in a little detail. For without knowing the ingredients we will not be able to bake the cake. So to have our cake and eat it, we are going to have to learn a few basics.

Certain influences play a pivotal role in moulding us into the final product, us as independent and responsible adults. For better or for worse we have to accept this final product together with the fact that we had no choice in deciding our genetics or our earliest environments. These two determining factors are pivotal not only in moulding us into the finished product but also in determining our choices as independent adults. These choices of course reflect the unique requirements of each of us in fulfilling that need for having a good time.

The million dollar question of course is, can we change the finished product? It has been my experience that we can indeed change the finished product. We can provide new "finishings", but here comes the catch. To be able to co-create the finished product you need to have the wherewithal in your partially finished product to enable you to complete the job. In fact it is the good feeling that you get from finishing the job that actually drives the process. So if you are one of those who is "programmed" with the receptivity and the need to upgrade the finished product, you will probably read on further. As for the rest of you, you are probably becoming bored by this intellectual ramble and will leave us at this point.

2. The Players

Now for those of you who have stayed the distance so far, we will need to spend a little more time in defining what makes us tick in our search for the good feeling. When we crunch everything down to its basic essence, we note that there are three areas of need which require fulfillment in order to have that good feeling. In fact these areas represent levels which range from the simple to the more complicated. Different people derive fulfillment from the different levels or combinations of the levels.

The simplest and lowest level of need for fulfillment is basic sensory gratification. At this level, satisfying needs such as hunger, excretion, sleep, the sensory aspect of sexual activity and so on, brings about a good feeling. Of course sensory gratification may become somewhat bizarre when a distortion of need occurs as a result of aberrations in our early determining environments. In this way pain as a sensation may bring about sensory gratification. It is truly beyond the scope of this text to elaborate on all possible variants of this theme. Excessive needs at this level may result in sensory dependence. In other words excessive sensory stimulation may be required of a specific type to sustain fulfillment and gratification. Perhaps this originates from early nurture deprivation and the need in adulthood for compensatory excesses.

The next level of need for fulfillment is one centered around the need for recognition and adoration. With this need comes the fear of not attaining the recognition and adoration. This is thus a fear-based level, the fear of failure. Once again this level probably reflects a degree of deprivation which was experienced in the early nurture years. It is the powerful needs of this level

that have been responsible for so much of our artistic and technological advancement. Success at this level is usually measured by material gain and wealth. Secondary recognition will then arise within this environment as others affiliate with the most successful. In fact the most successful are the most adored as they had the greatest need and thus the greatest drive for attaining recognition and adoration.

Obviously the fear of failure, of not attaining recognition and adoration can and often does, lead to excesses. The drive to material wealth or material hoarding may take precedence over all else. Manipulation of people and circumstances may occur so as to facilitate the attaining of the goals of this level and subsequent fulfillment of needs. The truth of the matter is that this level usually breeds insatiable appetites in which no lasting fulfillment is attained and so the pursuit of a good feeling continues throughout life.

If failure occurs as measured by the lack or loss of material success and/or recognition and adoration, the individual may develop a mind-set of despair which, if persistent, may result in a disillusionment with life itself. If a good feeling cannot be provided by fulfillment at the other levels then despair may deteriorate into what I define as a *terminal freeze*. This has dire consequences as I will describe a little later.

The next and highest level is one in which fulfillment is derived from doing and creating for the enjoyment of doing and creating. This is the most enduring of the levels. Here there is no fear of failure or the fear of not attaining adoration and recognition. It is in the doing and the creating that fulfillment is derived. Some activities included in this category include painting, composing, gardening or in fact just reflecting and conversing with no ulterior motive. Possible excesses may occur at this level if the individual becomes too engrossed in activities to the exclusion of all else. Balance with our external environment is required to sustain the most creative of activities. This is discussed further below.

We all require fulfillment of our needs at all these three levels. It is only the different proportions and combinations of these levels which differ in each individual. That is what makes us each unique. These variations however reflect the different influences which our genetics and early environments have brought to bear upon the finished products which are us.

3. The Game Plan

Now that we have the ingredients, how then are we able to bake the cake of fulfillment? Stay with us as we proceed a little further.

It becomes apparent that fulfillment and attaining the good feeling at all levels has one element in common. This element is a particular mind-set. The fulfilled mind-set is described as one which is optimistic, confident (of further attainment of fulfillment), resourceful, devoid of fear of loss, aware of previous success and relatively unaffected by failure. Essentially this translates into a ***purpose-driven*** individual.

On the other hand, the habitual inability to attain success of fulfillment and a good feeling results in a mind-set of pessimism, purposelessness, poor self-esteem and self-confidence and an individual expectant of failure. Failure usually begets failure and thus a terminal freeze may occur. This mind-set will result in poor physical and intellectual performance. Of equal importance is the association of this mind-set with the development of illness.

It has been shown quite conclusively that this negative mind-set may suppress our immunity with the subsequent development of infections and even malignant tumours. The branch of medicine that is involved with the study of this process is *Psychoneuroimmunology* (PNI).

It is essential therefore that to maximize our opportunity for experiencing the good feeling we will need to be able to both establish a sustaining lifestyle as well as to be able to shift from a negative to a positive mind-set when required. However prevention is always better than cure implying that maintaining the optimal and positive lifestyle is more effective in the long run than having to bring about constant shifts from negative to positive mind-set. To bring about the shift from the negative to the positive mind-set, applicable at all levels, we need to be armed with the tools and the basic game plan.

3A. Optimizing your Lifestyle

1. Mind-set

At the outset we need to recognize the optimal mind-set which incorporates the most resourceful traits. These traits conform to what we have described before. The most advantageous mind-set is one that is optimistic, but realistic, about personal aspirations. Realistic in that you understand the effort and the time required for application, as well as your own limitations. Optimism should feed generously on previous achievements in having attained certain objectives. You should be alert and sensitive. It is important to be aware of your objectives but not to become obsessive about them. Do not attempt to hold onto an objective at the cost of all else, for obsessiveness is closely aligned with fear of failure or loss. And often the feared failure or loss materializes into reality. Every success and achievement that you attain should positively inspire you to greater heights. Failure or loss is not something to be feared, for it provides an opportunity for re-appraisal. An honest re-appraisal of loss or failure will provide more insight about self and the environment and arm you to overcome such crises in the future.

2. Establishing a Purpose

As I have indicated previously, purposefulness is fundamental to maintaining optimism and vitality. The purpose is to establish fulfillment of needs and thus experience the good feeling. However, because of the demands placed upon us in busy daily lives we often lose sight of our true needs for fulfillment. We become reflex robots, living in neutral. And so from time to time we will have to do an honest re-appraisal of ourselves and adjust our course. It is important to accept that although all human beings have similar basic requirements, we are still unique individuals in terms of our specific needs and preferences. Thus while we all have the basic requirements of a balanced diet, adequate exercise and fulfilling sleep, we need to establish our own individual and unique purpose.

Purpose once established is not a terminal rigid straightjacket, but will require repeated re-appraisal depending on life experiences and thus may change considerably during the course of one's existence.

In establishing purpose through re-appraisal you will need to be as honest as possible. You will need to establish to what extent you are describing your own intrinsic requirements and how much is in fact as a result of environmental expectations. To align oneself primarily with the expectations of the environment is to establish a false and non-sustaining purpose. This will only lead to frustration.

Self-appraisal must fulfill the following categories:

- a. Personality type - introvert or extrovert.
- b. Preference of friend and partner (husband, wife, etc).
- c. Most fulfilling occupations i.e. art, science, business, indoor/outdoor, fixed hours, random hours.
- d. Geographical preferences.
- e. Recreational preferences, i.e. sport, hobbies.
- f. Philosophical and/or spiritual leanings.

Once you have made your choices in these areas, you will need to organize them into a daily or weekly roster or routine. These interest areas become the "pillars of purpose". Inspiration and drive in one activity will provide the drive for other activities. In other words a good feeling in one area will inspire the right mind-set for other areas of interest. Development along a broad front is mutually enhancing for all activities.

It should also be remembered that we are always the victims of influences in the environment which may be negatively retarding upon our good intentions. Routine may get us through the negative periods. However, merely accepting that we may feel more positive at times and more negative at others, will help us to get through these low vitality periods.

It is important to allow for some flexibility in the form of impulsive thought and activity. However,

the building of any structure requires a plan as well as self-discipline to maintain the momentum of the building. You will therefore need to incorporate the concept of balance between planned routine and impulsive action.

3. Establishing balance in normal body functions

Diet

Basically there should be nothing in excess. There should be two or three meals per day. Self discipline, single helpings of a balance of protein, carbohydrate and fat. (Consult tables of dietary requirements). *Eating should be an enjoyable activity.* Diet should not be rationalized and categorized to the extreme. By applying guidelines initially, you will settle into a healthy status quo.

Sport

Regular physical activity provides a healthy feedback situation in which physical awareness of self and of the external environment stimulates the sensory areas of the brain as well as associated higher centres of thought. Movement and sensation are very closely associated, in fact, are interrelated. Motor-sensory activity is the foundation upon which all our experiences are based. Repeated stimulation therefore enhances our sensitivities to both present and past recollections and invigorates us for future receptivity. Physical activity realigns us with our primordial animal state and thereby heightens our awareness of our place in the extended natural environment.

Sexual Activity

The sexual needs of the human being are complicated. Most human sexual activity is independent of procreation. To expand upon all known sexual preferences is beyond the scope of this text. What is more important is an elaboration of the principles of harmonious sexual interaction.

The sex act always involves a motor-sensory interaction. Therefore all that has been said under the heading "Sport" applies to this activity. Orgasm is usually the sought after gratification, but not always found. Fulfilling sexual activity requires a partner who is attracted and attractive to the individual. The interaction should be mutually gratifying. Selfish sex is bad sex. Sexual interaction should take place within the context of familiarity of both partners with each other. Communication of likes, dislikes, needs and fears is vital to the interaction. Insensitivity usually retards sexual interaction negatively. It isolates each partner from the other and terminates any useful interaction.

Such factors as fear of failure, anxiety, depression, illness and tiredness affect sexual function negatively. One should not impose sexual activity on oneself or others suffering from these factors.

For a female, failure of sexual gratification usually manifests as a decrease in libido as well as an inability to achieve orgasm. In a male, impotence and premature ejaculation or non-ejaculation usually result. These failures require a reappraisal of the entire relationship and sex act. Remember that failure usually leads to further failure if the situation is not reassessed. But any success obtained usually leads to further success.

Any sexual dysfunction occurring, inclusive of decreased libido, impotence, premature ejaculation, should first be assessed by a medical practitioner with subsequent psychosexual evaluation.

Sleep

Fundamental to all biological systems is a period of rest or refractoriness. The body requires a period of time for rest. A time to replenish the working substances fundamental to the living process. All metabolism slows down to enable the body to restore itself to its optimal state of function. To deprive the body of this period results in sub-optimal function during the awake state.

The approach to sleep should be one in which there is a commitment to the requirements of total refractoriness. When you get into bed, all thoughts, concerns, plans for the future, must be

suppressed. For *nothing can be done about these preoccupations during the time allotted to sleep*. Therefore, it is futile to ponder over them. Relaxation of body will help suppression of mental concerns and anxiety. Therefore, prior to "shutting off" you should first lie on your back and actively attempt to relax before turning over onto your side and allowing yourself to drift off to sleep. Usually the last "frame of mind" before the onset of sleep is the one that prevails in one's mind throughout the sleep period. Therefore the initiation of the sleep period with a moment's relaxation, will ensure a relaxed sleep. Finally, it is important to remember that different people require different amounts of sleep. It is the quality of the sleep rather than the quantity which is important.

Excretion

One of the important biological activities is excretion. Waste products must be removed so that their build up does not affect the basic biological processes. Waste gas is exhaled; water is exhaled, sweated, urinated and defecated. Waste products of the digestive tract are defecated. Most of the excretory functions are automatic. In other words, the body regulates its formation and removal without any conscious thought required. However, there is one area of excretion where conscious involvement may disturb the automatic process. This is at the anus. The valve which controls excretion at the anus is the anal sphincter. Common problems occurring at the anal sphincter result from anxiety which tends to close the sphincter or narrow the excretory aperture. This may eventually predispose to such problems as haemorrhoids (piles) and fissures.

Defecation, like eating, should occur in relaxed circumstances (in fact, eating stimulates the urge to defecate). Eating under stress leads to indigestion; defecating under stress leads to anal sphincter spasm with discomfort and the later development of haemorrhoids. Therefore you should allow for defecation at a time when:

- a. the urge exists
- b. the circumstances are relaxed.

A final thought

During the course of our daily lives, we should always remember that we are part of a greater environment composed of the greater universe, the elements and other biological entities. We affect and are affected by this extended environment. We are nothing without the greater environment. It is a healthy habit to remind ourselves daily of our place within this greater environment, for this reaffirmed attachment will enhance our purpose in life and provide us with a reliable, natural frame of reference. It is important, therefore, to include in one's spectrum of interests some activities which bring us closer to some aspects of the greater, natural environment.

3B. Shifting Mindset

The Application

Despite our efforts in establishing a comprehensive balance of our preferences in order to sustain purpose, we may from time to time experience a spontaneous "drop" in feeling. When this happens, we will need to implement a process or technique to bring us back to a positive or resourceful mind-set. The approach to this application comprises an initial diagnosis phase which is an attempt to establish the cause of the "drop", followed by the restoration (D.I.Y) phase.

Phase 1: Diagnosis

1. Identify the cause or causes of the development of the negative mind-set. If other people are identified as being the cause of the negative mind-set, define their mind-sets and level of gratification (see previous three levels of gratification).
2. Identify your own gratification expectations and specify that which is required for fulfillment and the attainment of a good feeling.
3. Recall if a similar negative situation has occurred in the past. If this was successfully

resolved and a positive mind-set developed, prepare to implement the same process.

Phase 2: Restoration

1. Neutralize the excesses of each level. It is most important to neutralize the fear of failure. It helps to remind yourself that most of that which has been feared in the past has never materialized. In the mode of *fear of loss*, we tend to become "control freaks" trying to control every aspect of a situation to prevent loss or failure. Once again we should be reminded of the fact that there are limits to what we can actively control. We can only do our best and thereafter we need to have faith in individuals and the environment.
2. In the case of actual loss, we need to perform "damage control" and thus limit the effects to a realistic proportion. It is natural to experience sadness and disappointment in response to failure and loss. Immediately we will need to evaluate the cause and progression which led to the loss. We should also remind ourselves that in similar situations in the past, we were successful in the venture. It is also helpful to remind yourself of success and fulfillment experienced in other spheres of life. In summary you should maximize and identify with other successes and minimize and rationalize failure. Always try to recapture the feeling of success.
3. In the attempt to maximize success and the good feeling we will need to continually perform a self-appraisal of all spheres of interest so as to maintain balance, as has been described previously. The planning or "mind" part of the exercise we refer to as *re-framing* while the implementation of the plan we refer to as *re-structuring*. It is always a good policy to check out all the consequences of your planned re-structuring by doing an *ecology check* - future pacing or testing how things will respond or behave to the changes.
4. Even though we may experience occasional lack of success despite our best intentions, it is the trend of decreasing failure and loss and increasing fulfillment that will further endorse this active approach to seeking fulfillment.

4. Sharing the Good Feeling

The facts of the matter are that we are all the products of the many influences which gave rise to who we are today. It follows that most of our choices and preferences also reflect these moulding influences. Said in another way, we all have *biases* which reflect our heritages. Sadly, most people live their lives unquestioning of their inherited biases and the beliefs and values which reflect these biases. It is as if their very biases do not provide the wherewithal to bring about relevant changes. Others feel the need to change their biases when they begin to experience a diminished good feeling or *dis-ease*.

We spend a great deal of time interacting with other people and therefore the outcome of this interaction plays an important part in determining the amount of *good feeling* that we experience. Just being aware of the fact that different people have different biases and that *their biases represent their entire reality* goes a long way to ensuring our good feeling in interaction. The entire process rests upon one simple concept, that of *rapport*.

Simply put, rapport reflects our ability to accept others as they are. This means acknowledging all the influences which were operative in moulding the person as well his/her beliefs and values. The mind-set that we adopt in this approach is one of understanding, devoid of judgementalism (prejudice - *pre-judge*). Every individual respects someone who accepts them for who they are and are consequently far more accepting of advice and input in the context of rapport. Full frontal attacks (upon people) which are packaged in judgementalism (prejudice) result in equally passionate reactions. The result is invariably mutual disrespect and reluctance to co-operate and compromise.

All parties involved usually experience dis-ease which, if sustained, will impact negatively upon their performance and health (PNI).

In establishing rapport we need to actually *be* the other individual or entity for a short while. Once we have experienced what it's like to be that other individual, we would be in a far more advantageous situation for resolving conflict and establishing co-operation.

If every individual made a small effort to attempt to perceive others and the environment as they really are, we would experience far less conflict in our own lives and in the world at large. In this way we contribute further to establishing that good feeling and all the subsequent positives in terms of health and performance.

As a general rule there are three levels of communication between individuals which are defined depending on the degree of prejudice inherent in the particular interaction.

The most judgemental level is *discussion*. Here individuals are acutely aware of their differences and make no attempt to accept each other in any real way. They communicate from a position defined entirely by their own biases.

The next level of communication is that of *negotiation*. This usually occurs between individuals who share a space or activity. The communication is driven by the need to co-operate and compromise so as to sustain their environment.

The level of communication with the least judgementalism is that of *dialogue*. In this interaction the individuals enter into mutual rapport by identifying fully with each other's standpoint. They in fact *become* each other before communicating.

5. Managing Your Health

Prevention is better than cure. So at the outset it is always more effective to maintain health and wellness than have to draw on resources to regain health after illness has become established. Wellness needs to be sustained by applying the concepts which have been described previously (see [The Game Plan](#)). These include:

1. Basic hygiene.
2. Neutralization of bad habits e.g. smoking, excessive alcohol abuse, etc.
3. Establishment of a balanced lifestyle incorporating regular exercise and a balanced diet.
4. Quality recreation.
5. An optimal mind-set which is purpose orientated.

Supporting Healthcare

We have grown up in a culture which is based upon the belief that disease is fortuitous. We are also led to believe that when we are ill, we need only present ourselves to the doctor who will provide the necessary cure, while we passively "wait in the wings".

Some people will further complicate the "disease state" with the ulterior motive of secondary gain in the form of sick leave and disability benefits. Others find the "sick role" attractive (possibly as a way of escaping the stresses of daily life). These factors ultimately result in a drain upon medical resources.

Some unscrupulous practitioners exploit this situation for their own material ends by over-investigating and over-treating an uninformed population (over-servicing).

As we have discussed previously, we are in fact responsible for a great deal of our state of wellness or illness. By applying the principles of primary healthcare we will significantly decrease our need for expensive medical management with a subsequent easing of the draw upon resources.

Most symptoms will improve over a short period of time and will not require repeated visits to a practitioner. With persistent symptoms, professional help should be sought. Bear in mind that many modalities of treatment exist for specific ailments. You should always opt for the most conservative and non-invasive remedies initially (non-surgical) in a given situation. It is also important to familiarize yourself with the condition, its natural course and all relevant treatments and complications. In this way you can make an informed decision and become an active participant in the treatment process. Surgery and other radical forms of treatment should be regarded as the last resort and should only be utilized if all other forms of treatment have failed.

Should surgery be proposed, you should be confident within yourself of the appropriateness of this course of action. Expensive investigations should also be considered carefully as to their indication and to what benefit they would be in terms of the overall treatment.

Never be shy to question all aspects of treatment or investigations. *The final responsibility for your state of wellness and overall health is your own.*

Concurrent with ongoing medical treatment should be the application of all the principles described previously, notably mind-sets and PNI. While treatment is directed at the diseased organ (end-organ treatment) we need to identify possible sources of a negative mind-set which through the PNI pathways, has cascaded down to result in the final illness (diseased organ).

The Application

Unfortunately, the person who is suffering from an illness is usually affected psychologically in a negative way. In other words there is usually a negative mind-set and bias which affects purposeful attempts to regain a positive mind-set and associated good feeling. Accepting the dynamics of the illness situation and how it affects us is already half the battle won in regaining our normal function.

To understand the development of the illness we need to understand:

- a. normal body function
- b. the causes of illness
- c. in-built body reactions to illness.

Normal Body function

Normal body function reflects the very purpose of human life itself, that is, the maintenance of a mobile individual able to sense the environment, reflect upon it and procreate. As we have discussed previously, mobility enables us to move towards that which is pleasant and stimulating and away from that which is harmful and devitalizing.

For these functions we need the following:

1. The basic frame-work of structure - bones and ligaments.
2. A mechanism whereby the bones can be moved - muscles and tendons.
3. A specialized tissue able to sense the environment, reflect upon it and co-ordinate movement - the brain, spinal cord and nerves.
4. A means whereby dissolved nutrients are transported to working areas such as muscles, brain etc - the heart (pump) and blood vessels. Also blood – the transport medium.
5. A means whereby nutrients are taken into the body - the lungs for oxygen and the digestive tract for food and water
6. A means whereby waste is excreted - the lungs exhale waste carbon dioxide, kidneys, sweat glands and digestive tract.
7. Specialized areas for the construction of blood cells - the marrow; and for specialized blood proteins - the liver.
8.
 - i. Protection from negative elements in the environment- the skin; the lining of all our passages open to the external environment.
 - ii. Detoxification of digested substances - the liver.
 - iii. Immune mechanisms against disease inducing organisms (germs) - the immune system of antibodies and immune cells.
9. A means whereby body function is controlled - the endocrine glands and nervous system.

10. The sex organs - procreation (but more often, recreation !)

Causes of Illness

Illness may result from the following:

1. Inherited or early developmental problems.
2. Injury.
3. Hostile germ or parasite.
4. Spontaneous organ/system failure:
 - i. Auto-immune process - the body attacks itself with it's own immune system.
 - ii. Decrease in function of individual organs or systems, example: heart failure, thyroid failure, etc.
 - iii. Loss of control of own cells which no longer conform to normal growth and functional characteristics, i.e. tumours. In effect the tumour becomes a foreign body dependent upon the immune system for eradication.
5. Degenerative changes - decreasing strength and function of tissue in aging.

Items 3, 4i and 4iii above have been noted to be preceded by a period of purposelessness as seen in the negative bias. As described previously, the negative feeling results in a cascade of negative influences which ultimately inhibits the immune function. Inevitably infection and tumours may develop.

Reaction of the body to illness

Once normal body function is disrupted the body reacts by:

- i. Increasing its temperature.
- ii. Increasing its breathing rate.
- iii. Increasing its pulse rate.

These signs usually indicate that the body is mounting an immune reaction.

A generalized disinterest occurs in the environment and sexual awareness is suppressed.

Thereafter:

- i. Appetite decreases.
- ii. Water is retained and urine becomes concentrated.
- iii. Protein and fat are broken down and there is a decrease in body weight.

The generalized disinterest may develop into a negative mind-set and purposelessness thus initiating a vicious cycle. In other words the negative mind-set further suppresses immune function which further aggravates the illness and the associated negative mind-set.

The Self-help Remedy

This self-help process needs to be applied against the background of ongoing medical (end-organ) treatment.

The application incorporates several logical steps:

1. At the outset we need to accept the illness and its physical/psychological manifestations without reproach.
2. We then need to identify predisposing life situations which may have resulted in a negative

mind-set and subsequent illness.

3. At this point we need to perform a re-appraisal exercise and thereby re-frame and re-structure our lives (see previous discussion). In the context of the illness situation, we need to re-establish *purpose* and the advantageous mind-set as was discussed previously.
4. Maximize all improvements of symptoms and re-mobilize.

It should always be remembered that **effective medical treatment requires a positive and receptive patient**, for it is well shown that only those patients who sincerely wish to recover from illness will do so.

6. Useful Points to Ponder

1. Every individual is unique. This uniqueness applies to all aspects of our lives including our place of habitat, occupation, recreation and interpersonal relationships. After exercising our preferences we should allow some measure of contentment and not continually feel outdone by and the need to covet others. A degree of contentment is necessary to neutralize greed which is the manifestation of excessive fear of loss and/or failure.
2. The purpose of life would seem to be to evolve within the confines of our own potential, a product of our heritage. Failing to recognize, appreciate and develop our uniqueness and our potential may result in a chronic state of frustration and dissatisfaction with self and our entire environment. This state will inevitably lead to a feeling of diminished self-worth and self-esteem which in turn will affect us negatively physically (PNI) and in terms of performance. This individual envies the success of others and often there will arise a need to minimize or even destroy the success of others so as to diminish his/her own failures. The pain of failure and the loss of self-esteem becomes too painful to bear.
3. We need to continually strive to materialize our needs and indeed, our appropriate niche in life. However we should always remain receptive to advice, guidance and constructive reprimand. An unfair lot requires confrontation. But this should be reasonable.

A degree of self-discipline in response to the challenges of life is essential. However freedom of thought, creativity and impulsive actions within a positive framework are vital. For this creative activity will enhance not only our own wellness and quality of life but also that of others and indeed our entire environment.