

Living the Spiritual Principles of Health and Well-Being

THE EIGHT PRINCIPLES

1. Earn the Trust of Your Basic Self pgs. 17-22.

“The basic self’s job is to maintain the physical body, to maintain physical functions and all those things that go with it. It’s important that you work with your basic self in cooperation and love if you want its support.” **John-Roger**

2. Hold the Images in Your Mind That You Want More Of pgs. 23-30.

"When you maintain a positive image, the basic self accepts it and works with it. If you place a clear image forward, the basic self sees it and goes to work to make it come about. Once the basic self has a clear image of the goal, it will work towards it 24 hours a day, even when you aren't thinking about it consciously." **John-Roger**

3. Eliminate and Detoxify pgs. 31-37.

“Disease isn’t what we take in—it’s what we don’t eliminate. What we do not eliminate is what makes us sick...Essentially, we need to let go of what no longer serves us.” **John-Roger**

4. Relax pgs. 38-43.

“So what can we do to have better health? Be patient and relax? If we honest-to-God could understand that concept of being patient and letting the body relax, illness would vacate.” **John-Roger**

5. Complete pgs. 44-48.

“One of the most useful things I can say to you for living in this world is if you want to have greater health and more energy, move things towards completion.” **John-Roger**

6. Talking Yourself into Greater Vitality and Health pgs. 49-52.

“If you don’t keep the agreement with yourself when you agree to do something, your body won’t keep agreements with you when you tell it to do something. We’re training it in disobedience continuously, and in disobedience we find illness.”

John-Roger

7. We Live and Die at the Cell Level pgs. 53-60.

“Health is not so much about the food, or the nutrition in the food, it’s more about how the cell level is energized, through clean blood and good oxygen—that’s what brings life and vitality. When that’s not happening, we get sluggish, lethargic, and we start dying. We live and die at the cell level.”

John-Roger

8. There is Only One Energy and That Energy is Love
pgs. 61-69.

“A lot of people want to talk about how the energy is good or bad. What they ought to do is look inside of themselves and see how the energy is inside of them, because the energy inside is the energy out there, available to all of us.”

John-Roger

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CAUSES AND CURES OF DISEASE

1. **Restraint/Love** pgs. 109-112

Cause-Restraint

Restraint is where we hold ourselves back from living our life fully and where we won't allow ourselves to move forward because the thoughts and beliefs we are holding onto block us from looking and perceiving accurately.

Cure-Love

The cure for restraint is to love what you're doing. When the loving is present and alive inside you, you handle things beautifully. So when you're going to do something and you're not sure of the outcome, love yourself while your doing it.

2. **Fear/Empathy** pgs. 113-116

Cause-Fear

There is no real source of fear, but there is a real feeling of fear. If fear has no real source, and it's a real feeling, where is this fear coming from? We are creating it.

Cure-Empathy

The cure for fear is empathy. Empathy is a form of understanding.

3. **Restlessness/Peace** pgs. 117-121

Cause-Restlessness

Restlessness is the feeling of wanting to do something but not knowing what to do. Restlessness is all internal—it's all inside of us.

Cure-Peace

The cure for restlessness is Peace. There is peace inside where the mind and the emotions match, and they have something physically they can move on.

4. **Indecision/Steadfastness** pgs.122-126

Cause-Indecision

Indecision takes place when you can't make up your mind, and it may be on of the most severe causes of dis-ease.

Cure-Steadfastness

The cure for indecision is steadfastness. Once you have made up your mind, you hold the focus until you are complete.

5. Indifference/Gentleness pgs. 127-130

Cause-Indifference

Indifference may very well be the killer disease. It kills the spirit inside. Indifference is on the opposite side of love and hate.

Cure-Gentleness

The cure for indifference is gentleness. Gentleness has a way to go in and cut out disease. Its main instrument is a kind word—not just a casual “please,” but expressing loving appreciation from your heart and essence.

6. Weakness/Strength pgs. 131-134

Cause-Weakness

There is a weakness that I call the “tyranny of weakness.” This is where someone plays that they are so very weak in order to have everybody running around doing things for them. It is the power to not perform.

Cure-Strength

In every weakness there is a strength. When troubles and challenges come your way, that strength can be a blessing if you meet them head on. You meet the troubles and challenges through love, empathy, peace, steadfastness, and gentleness.

7. Doubt/Understanding pgs. 135-138

Cause-Doubt

Doubt is what I call having a double mind. Doubt says, “I want to do this, but what about his?” So there are now two things to do.

Cure-Understanding

The cure for doubt is understanding even when there is no evidence to understand. It is not an intellectual process. It comes out of the Spirit inside you.

8. Intolerance/Tolerance pgs. 139-142

Cause-Intolerance

Intolerance is a form of prejudice where you “know” something even before you know that you know. With intolerance, no matter what a person does, you can find something wrong with it. You make them wrong even if they’re right.

Cure-Tolerance

The cure for intolerance is simple: its tolerance, or patience. You can ask, “Tell me how you see it can be done in a better way.”

9. Ignorance/Wisdom pgs. 143-146

Cause-Ignorance

This is plain old ignorance. “How was I supposed to know? Nobody told me.” Did you think to ask? If you have a mouth, you could have.

Cure-Wisdom

The cure for ignorance is wisdom. When you see someone studying, they are demonstrating wisdom, because that’s how you learn the subject matter.

10. Impatience/Forgiveness pgs. 145-148

Cause-Impatience

Impatience is hurry, hurry, hurry. “Hurry up!” Get it to me, right now.” Some things take time. Thinking takes time. However, to speak foolishly doesn’t take any time at all.

Cure-Forgiveness

The cure for impatience is forgiveness; not the forgiving of somebody but the forgiveness of your own impatience. You’re demanding people to go too fast. So inside you, forgive yourself for demanding something they can’t do.

11. Terror/Courage pgs. 151-154

Cause-Terror

Terror is the fear of the unknown.

Cure-Courage

Courage comes from a French word Coeur meaning heart. Go to your heart and be loving. In that place of loving, terror does not exist.

12. Grief/Joy pgs. 155-158

Cause-Grief

When we have grief, it is because we are missing someone that we valued so much in this world.

Cure-Joy

We can assist a person out of their grief by curing them with joy. Joy bubbles up and can make the body move and transform, and that’s extremely important.

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OPPORTUNITIES *For Next Steps*

When you go home today you may consider choosing a relaxed time to look more deeply at these causes and cures. The section titled *Things to Act Upon and Questions to Ask Yourself and Ponder* listed after each Cause are designed to call forward from within you any restrictions, constrictions, or imbalances so they can be balanced and healed.

If you get clear information and knowledge about your situation, you may, through awareness, through forgiveness, and through the Light, no longer need the experience of the dis-ease!

1. Action

Choose a relaxed time to look more deeply at a Cause and Cure you would like to focus on.

2. Things to Act Upon

In the section titled *Things to Act Upon and Questions to Ask Yourself and Ponder* see what information and knowledge about your situation shows up.

3. Seeing through Awareness, Forgiveness, and Light

Through awareness, through forgiveness, and through the Light, see yourself no longer needing the experience of the dis-ease!

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If you enjoyed today's John Morton Webcast and would like to learn more about MSIA, PTS, More events, or purchase study materials here are some suggestions of where to begin.

1. Next WEBCAST with John Morton

An MSIA Family Christmas Eve
Friday, December 24th, 3:00pm PST
2101 Wilshire Blvd., Santa Monica, CA
worldwide at msia.org/live

2. Purchase the book/PDF/Free chapter

Go to msia.org/store
Purchase a hard copy or PDF of the book
Download a free chapter "We Live and Die at the Cell Level"

3. MSIA Website msia.org

a. PTS Classes

PTS classes are not only given in one-evening such as tonight, but also classes may be several weeks long and provide more in depth experience of the kinds of the things we worked with tonight. Visit pts.org for info on classes in your area.

b. New to MSIA & PTS?

If you are new to MSIA and would like to learn more, you can download a free e-book *Journey of a Soul* at msia.org.

For a hard copy please email:

Email to servicedesk@msia.org

Español 800-846-1586, informes@msia.org

c. Study Materials

We have study materials on the theme of *Living the Spiritual Principles of Health and Well-Being* available through our online store at msia.org/store.

Books

Living the Spiritual Principles of Health and Well-Being (J-R with Paul Kaye)

Fulfilling Your Spiritual Promise (John-Roger)

The Power Within You (John-Roger)

Dynamics of the Lower Self (John-Roger)

Audio/Video Materials

Factors Causing Dis-ease and Promoting Health 7950-DVD

The Three Selves 1208-CD (73)

Health from the Inside Out 3909-CD/MP3 packet

Health Is Loving Who You Really Are 7970-CD/DVD/MP3(82)

Getting More Spirit Through Breathing 7653-DVD (97)

Programming the Universal Mind 1828-CD (69)

August 2010 Videoclub

The Wealth of a Higher Consciousness 8095-DVD/CD (92)

July SAT 2010

Are You Being of Service? 8086-CD (Dec. '09)

f. Soul Awareness Discourses

Soul Awareness Discourses are MSIA's key course in Soul Transcendence, or becoming more aware of yourself as a Soul and as one with God as your day-to-day experience. Discourses come in a year subscription and contain 12 pamphlets - one per month - on a range of spiritual topics. They can support you with practical tools for bringing spirituality into your daily life. Purchase online at www.msia.org/store

4. Webcasts-Archived

If you enjoyed today's Webcast please feel free to view all the archived webcasts at msia.org.

5. Innerphasings available through MSIA

Innerphasing is a technique designed to assist you in changing habit patterns that no longer work for you. An innerphasing programs out old, undesirable habits (for example, smoking, nervousness, fears) and programs in new, desirable responses (for example, greater self-confidence, more calm, remembrance of dreams). Unwanted patterns have often been conditioned into the consciousness during childhood, and they are recorded within the subconscious mind and other unconscious levels

below that. An innerphasing can bring changes on these deep levels and can be an effective way to free yourself from habits that are no longer "really you" but that you can't seem to change through conscious efforts.