



## HEALTH MINISTRY

### Use the Good China

Life is about the people we meet along the way on our journey through time – about listening and sharing. It is about celebrating victories together and reaching down to pick each other up when we stumble and fall. Life is about being true to yourself and what you know from within to be loving, right, and just. I think we are born with this. We just don't turn on our receivers to hear it. How many people have chased fame and fortune and found it was never enough, never filled the hole in their souls and their hearts?

February is heart disease awareness month. So much of medicine – both time and money is spent on trying to prevent the mechanical causes of heart disease and trying to treat and cure it. The heart is more than a mechanical pump. It also responds in a physical way to our mental and spiritual being. Loneliness, depression, and despair can create physical effects on heart functioning and heart disease. Chronic anxiety can stress out the physical functioning of the heart and make it beat abnormally causing an arrhythmia.

So while so much time and energy is focused on healthy heart diets and exercise, not enough is devoted to the mind-spirit connection in heart disease. There is such a close connection between our thoughts and beliefs and the way our hearts behave. A few years ago actress Debbie Reynolds learned of the sudden death of her beloved daughter actress Carrie Fisher. The next day Debbie died of a heart attack. You could say she died of a “broken heart”.

Buddha believes “We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.” Get rid of the “stinking thinking”. Reframe our negative thoughts or feelings with something positive. Be grateful for the abundance we do have.

The Apostle Paul in his letter to the Philippians 4:4-9 writes “Rejoice in the Lord always. I will say it again. Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation by prayer and petition with thanksgiving present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Jesus Christ. Finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things”. It will do your heart good!

I'm headed off to have a total hip replacement and bone graft at Brigham & Women's Hospital in Boston. See you soon! Don't wait to start living! Use the good china everyday. Celebrate life!

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Buddha  
Paul to the Philippians 4:4-9 N.T.