



FOR TRUE HEALTH it Takes Three

By Ellen Laura

THE SECRET TO A LONG LIFE IS THE COMPLETE INTERSECTION OF BODY, SPIRIT AND LOVE, SAYS FAMED CARDIOLOGIST DEAN ORNISH IN HIS LATEST BEST-SELLING BOOK. WHAT CAN MAKE US SICK, CAN ALSO MAKE US WELL

IN HIS BEST SELLING BOOK, *The Healing Power of Love and Intimacy*, Dr. Dean Ornish states: “Love and intimacy are at a root of what makes us sick and what makes us well, what causes sadness and what brings happiness, what makes us suffer and what leads us to healing. If a new drug had the same impact, virtually every doctor in the country would be recommending it for their patients. It would be malpractice not to prescribe it – yet, with few exceptions, we doctors do not learn much about the healing power of love, intimacy, and transformation in our medical training. Rather, these ideas are often ignored or even denigrated.

“I have no intention of diminishing the power of diet and exercise or, for that mat-

ter, of drugs and surgery. There is more scientific evidence now than ever before demonstrating how simple changes in diet and lifestyle may cause significant improvements in health and well-being. As important as these are, I have found that perhaps the most powerful intervention – and the most meaningful for me and for most of the people with whom I work, including staff and patients – is the healing power of love and intimacy, and the emotional and spiritual transformation that often result from these.”

The aforementioned statements were put forth by Dr. Ornish in 1998; yet, almost a decade has passed, and in my work as a wellness professional, I still see the majority of unhealthy people suffering

from issues related to love and belonging. It’s just not smart to wait for the whole of humanity, or the healthcare industry, or the media, or the movie industry, or New Age metaphysics to master this love and belonging issue. You have a choice to make about this love issue and the time for waiting is past.

Think about it: When an unhealthy person hears the word “intimacy,” the mind goes directly to connection with others, whether the “other” is a lover, a guru, a teacher, child or animal friend – and their memory is tinged with sadness, fear or aversion. Whether the focus is on the past or the future, she may be hoping to find someone to love and trust who will no longer hurt or disappoint her, but if the

fear of being hurt is still the focus, and the memory demons are still howling, then the Law of Attraction continues to bring more of the same.

A Friend in Need

As we look at our connections with others, it’s easy for most of us to recall at least one friend we’ve had who arrived in our life professing love for everyone and everything, all the while running around borrowing money they never repaid, making promises they rarely kept, sleeping with your husband and calling all this love. That kind of “love” does not create health and well-being.

At the extreme end of ill health we find addicts. Regardless of the form of addiction – alcohol, gambling, drugs, sex, spending – addicts are typically people who feel extremely unsafe. And, they are notoriously incapable of building or sustaining healthy relationships until the addiction meets some form of powerful healing. With this vast range of people roaming in and out of our lives, can we attract love and intimacy in ways that empower us and make us healthier?

The answer is a definite yes!

And, yes, the memory demons can be tamed, and there are lots of awesome and trustworthy people alive today. So, our work is to adjust our perceptions and expectations to see things as they really are for the purpose of contrast. This means know where you are in relation to where you want to be – *then make a powerful shift in focus to living and loving with pleasure, smiles and happiness.*

Self, God and Loved Ones

Here’s the caveat: Intimacy and love reside in a trinity and the three aspects must be totally embraced:

- Our deepest connection with our true self (*where everything innocent, spontaneous and luminous about a person emanates*)
- Our connection with the Divine (*the source of all well-being, benevolence and goodness*)
- Our connection with our trusted loves ones (*loved ones with whom we share our daily human lives*)

The healthiest people in the world have

discovered and honor these three aspects of love. They almost seem surprised when discussing this, as if it’s as obvious as the sun rising and setting each day. They know that this trinity of love and intimacy cannot be broken or compartmentalized and still remain healthy. It cannot be sliced, analyzed, weighed or measured. It cannot be done only when convenient or by ignoring the other one or two till later.

If you sense things are a bit (or a ton) off kilter in your life, it’s highly likely that there is a misperception that has lead you to believe you can experience only one of those three areas at time. The opposite is true. In order to thrive and be healthy, all three areas must be united.

When imbued with authentic love and intimacy, we’re happy on the inside and eventually this does show up in our tissue and physicality. The physical body is both a temple and an instrument for pleasure and that’s why a healthy person can move freely, laugh easily and sustain loving relationships. This juicy love that creates health begins to fill our lives as we become spiritually and mentally ripe. And, this ripeness can occur at any age. It’s more dependent upon how safe we feel in our world, how much we trust those close to us, and how connected we feel to a Source of Benevolence and Goodness.

The Healing Powers of the Trinity

In my years of deep meditation practice and contact with spiritual teachers, shamans and Western doctors, I have observed something fascinating: Those who were consistently experiencing a unified field of love in those three areas of their own life were able to help “jumpstart” the healing in their students and patients.

More interestingly, when one of the three areas in their own life went off kilter, the healing transmissions decreased dramatically.

That is why I’m willing to risk saying that it is an illusion to make a hierarchical structure of the three areas of self, God and loved ones. Healing power resides in the fullness of the trinity of the true self, the Divine and our connection with our trusted loved ones.

We are each unique and what shows up in our lives is timed according to our individual spiritual development. For some,

attracting a healthy relationship comes first, and then the desire to work on ourselves and know the true self grows rapidly. The main reason that you are encouraged to “love yourself first” by spiritual teachers is that when we try to direct the flow of love only to one other person – whether that person is our mate, our teacher, our child – we could forget about our own true nature or ignore the presence of the Divine, and that is dangerous. If you instead remember your true nature and remember the presence of the Divine, then your experience in loving another person is magical – and it doesn’t have to come after you love yourself.

One man I know well has an exceptionally healthy and loving relationship with his 13-year-old daughter, and even though his wife bolted and betrayed them both, he did not become bitter. When I see the two of them together, it is apparent that there is mutual love, trust and respect. And, the dad doesn’t use his daughter to fill up his empty spaces. There’s no crazy clinging or hiding from the world. He’s worked on himself, has healthy self-esteem, feels the presence of the Divine in nature and others, and until he’s ready to attract a new woman, his trinity of intimacy is rainbow bright.

In my own life, I began with loving God first and that was my first deep, mature love, and it came to me when I was just 19. Then I tried to love other people, but that was still difficult for me. So I had to back track and work on loving myself and keep focusing on what I wanted until I started attracting people I could trust and who accepted me. I knew there was a trinity and I worked to include all three aspects.

So each time I failed, I’d back up and look for a new way to love those I could trust, love God and love myself.

It’s the magic of all three combined that brings about the healing Dr. Ornish wrote about. It’s the trinity of love that I wish for you today and each day of your life’s journey. **III**



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