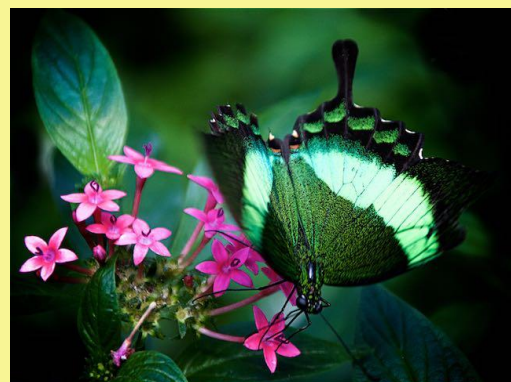




The Secret of Healing

I am often asked what can I recommend for preventing illness. In fact, the best thing is also what I recommend for healing from illness. Joy...



I have noticed that many of my patients feel exhausted by the sheer effort it takes to manage their lives. Think about your typical day. How much of that day was devoted to completing as many tasks as possible? Now think about how much of your day was devoted to things that bring you joy. Did you even think about providing joy for yourself today?

I cannot underestimate the effect that joy has on our physical and mental health. But in order for joy to do its job, we have to give it the space to happen. Imagine that there are numerous tiny spaces throughout our bodies, rather like Swiss cheese (which my brother-in-law who is Swiss tells me really isn't). These spaces are designed to act as storage spots for points of light and caverns for fresh air. The content of

What brings me joy? My photography...

I struggle as we all do with what I need to do vs. what I would love to do. I miss going outside and capturing images that take my breath away and so have to just walk away from obligations to see the world around me. I especially love when others experience the same feeling when they look at my photographs.

these spaces determines both the look and feel of your body. But often instead of light and air these spaces can be filled with toxic sludge. It is the difference between a body with millions of points of light and a body with millions of dark spots.

The process of cleansing these spaces and filling them with light and air is powered by joy. This is the purpose of joy. To promote health in our cells and our minds through the en"light"enment of our being. Sadness, frustration, anger, stress have all been clinically shown to promote physical and mental illness by pushing toxins and waste material into these delicate spaces, surrounding healthy cells with unhealthy influences.

This means that our choices every day really do determine at a very deep level, what our health will be like. Patients have looked at me like I have three heads when I tell them that they need to include joy in their daily routine. They need to decongest their bodies and their schedules by dialing down there frantic activity of work, family, friends, exercise, classes, etc. It isn't as though they tell me they feel joy doing all these things ... it's rather more like a habitual frantic activity that tells them they are healthy and they are normal. But instead it is draining the life out of them, which makes any healing or any change like pushing their car uphill in heels.

Creating joy takes effort at first, but the rewards are incredible. There is deeper breathing, difficulties seem less stressful and less overwhelming. Balance seems easier to achieve and the people in our lives notice the lightening of our being.

Now I know what you're thinking ... there isn't even a minute to contemplate joy let alone invite it in. Well I just want to say that I have looked through all the rules about life and there is no rule that says we have to put off joy until all our work is done. Even my mother who worked all day, many evenings and every Sunday somehow found time every day for a bit of fun, relaxation and joy with us.

Why do we view joyful things as treats or rewards instead of essential pieces of each and every day? I think it's because joy doesn't have a tangible result that we can point to at the end of the day. But the results that joy does bring is what stands between all of our life stresses and serious illness.

So when we talk about taking a breath of fresh air, we really mean it. When we take a deep breath of fresh air, we feel a

Recently I went to Japan and was invited to spend an evening with one of the most famous Geisha in Tokyo. This was such a rare opportunity that I have documented my evening in a book of photographs and writings about the this amazing woman.



You can purchase a copy of "An Evening With a Geisha" on my website or when visiting the Holden clinic.

[Visit my website to learn more](#)



75 year old Westborough scientist is making his joy a full-time endeavor

A dear friend of mine has taken his lifetime joy and made it his full-time endeavor in retirement. Dr. Harmesh Sharma is the father-in-law of our dear Gargi Sharma who provides Thermography testing at our Holden

sense of relief and renewal that feels almost decadent. This is because we have been raised, trained and programmed to put work and obligations before all else, to believe that caring for the self is not essential, it is selfish.

Think about that... the literal definition of selfish is to have the qualities of self, in other words to be true to the self and the needs of the self. But in our modern definition it is instead putting ourselves first at the expense of others. It doesn't have to be that way. In fact, we can do more for others if we are healthy, happy and joyful.

Everything is better with joy and when our lives become a catalogue of required things, then our ability to heal and our ability to change, stops. One of the commonalities I see in cancer patients is a life that is non-stop, usually with a heavy dose of self-sacrifice for family and friends. This is also what makes facing a serious illness so difficult ... the changes that must take place in the family dynamics and schedules to accommodate treatment and healing. I have had very ill patients look me straight in the eye and tell me they don't have time for their illness.

That is why I'm saying that long before illness invites itself into your life, fill yourself with little moments of sheer joy. Joy is the key and fostering joy should be a priority each and every day, even if it's just for a few minutes. So think about what brings you joy and do it!

clinic.

Throughout his life, Harmesh has fostered joy through athletics, playing tennis, then running the Boston marathon annually to the age of 70, and now powerlifting since his retirement. He credits the joy this brings him with his incredible health, his optimism and especially his strength. At just 130 pounds in weight, Harmesh is able to deadlift 243 lbs. He will be competing at the Nationals in Chicago this fall and hopefully the World in South Africa in the spring.

"Let the surgeon take care to regulate the whole regimen of the patient's life for joy and happiness allowing his relatives and special friends to cheer him and by having someone tell him jokes." - Henri de Mondeville, 14th century



Join me by visiting my blog page dedicated to joyful solutions. You can inspire others by posting how you have created joy in your life, whether a moment, a daily ritual or a dramatic change.

[Post your joyful solution](#)

Do you want to feel better?

Read my article "How to Create Joy in Your Daily Life"

