

Your First Wealth Is Health



Health with a Chinese twist

"...my Chinese friend explained to me why we Americans aren't very healthy despite the billions we spend on health care. "The problem," he said, "is your approach. You think you can become healthy merely by fighting being sick, but that's not the way life works." "What do you mean?" I said. "Does fighting bad habits create good ones? Does fighting ugliness create beauty? Does fighting war create peace? Obviously not. And fighting illness doesn't create health." I began to see his point.

We spend those billions of dollars studying diseases, which we then take on as if they were enemies in a war. The Chinese, by tradition, walk a more peaceful path. They study health, and seek merely to create it. They don't see the body under siege, nor do they adopt a warlike state of mind. They understand that fighting illness doesn't work. Why? Because there's a rule of life that says we can't create what we want by opposing what we've got.

The spirit of opposition is not a creative spirit. Acts of opposition are not creative acts. The goal of healing is not to oppose, which comes from fear, but to create, which comes from hope. And creating health, my Chinese friend taught me, is a matter of balancing the body. Where balance exists, ill health cannot exist.

So we don't become healthy by naming diseases, or by worrying about them, or by battling against them, or by trying to make them go away, but by creating health and balance in their place."

Health at the Crossroads:

Exploring the Conflict Between Natural Healing and Conventional Medicine
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