

Introduction

This book is about living your life the way you always dreamt it should be.

Every one of us has physical or emotional baggage that limits us in some way. This may manifest as any number of chronic or serious illnesses, or as anger, rage, fear, depression, grief, impatience, irritation, loneliness, remorse, sadness, addictions, or some other affliction. You may also experience that you are not in touch with your very essence, your soul, and are simply wasting your life.

The good news is that you can have the total freedom that comes from healing all these issues as I have done for myself. By using the knowledge in this book, together with extensive practical exercises, you can become the radiant being you have always wanted to be. Please join me, and my partner Inge, in this exciting journey.

Let me tell you about how this book came about and a bit about myself. Wellbeing is defined in the Oxford dictionary as “good health, happiness and prosperity”. This book addresses the first two only, although I believe that out of the first two the third arises. A better interpretation might be “quality of life” but again, this is a very broad term and can mean a higher “standard of living” where the material world predominates, which is not my focus.

My personal definition of wellbeing, which defines the scope of this book, is: “good physical, mental, emotional and spiritual health”. They are not mutually exclusive, nor are they independent, as wellbeing depends on all four functioning effectively at the same time. For example, poor emotional health leads to poor physical health and vice versa. The knowledge and practices I present herein are those that I have learned at a personal level that have allowed me to achieve a truly blessed state of wellbeing in the terms described above.

In hindsight only, it was a blessing that I was born a sickly, mildly melancholic child, in southern England during the dying days of the Second World War. At this time, nutritional food, in fact all food, was in very short supply and would continue to be so for the next 10 years. I was gifted with a curious mind that lead me to become a scientist. I have used this faculty to collect and understand much about the world we live in as it pertains to wellbeing. Like many of us, I grew up in a very dysfunctional family, causing me much emotional pain. Again in hindsight, being sent to a boys-only boarding school in the North of Scotland from age ten until eighteen, where I lived on institutional food for the majority of each year,

was a blessing. I learned much and was deprived of much. For my parents, atheists to the end, the spiritual world just did not exist. Any curiosity in that direction was met with passionate rebuttal. Religion at school was an empty shell of a ritual with no heart. University gave me the opportunity to start putting things to rights and an opportunity to discover much about the opposite sex, as they had not been very available up to that point in my life.

You will appreciate that from the perspective of my definition of wellbeing, I was horribly lacking physical, emotional and spiritual health. My time at university was in many ways a healing period in my life. Yet it was not until my late twenties that I reached the nadir. Rock bottom! I had been married for a few years before this to a woman who had two children from a previous marriage and we had had one child together. By my twenty-eighth year I was, in no particular order, suffering from a duodenal ulcer, eating almost continuously as it was the only thing that stopped the pain, putting on weight, smoking three packets of cigarettes a day, drinking daily, desperately unhappy, a stranger in a strange land, suffering from serious sinusitis and other chronic ailments. I separated from my wife taking my eighteen-month-old son to live with me, as she was not then in a position to care for him.

At this point I knew I had to do something about my life, as maintaining the status quo was not an option. Fortune blessed me, showing me the way, and leading me on an amazing, rewarding, challenging, yet difficult thirty-year journey. It has led me to this point in my life where I live a life filled with wellbeing; a life that I could only have dreamt of all those years ago. It is a life that, not too many years ago, I knew was possible, but never expected to experience before my death.

This book is written directly from my personal experience. It contains knowledge and practices that I have discovered which have helped me on my healing journey and brought me to this point in time. This experience covers the four realms of wellbeing mentioned earlier (physical health, mental health, emotional health and spiritual health). These realms are inter-connected and inter-dependent and any change for the better in one realm generally helps change in the other realms.

I am a scientist and an engineer and a very curious person. I have always needed to understand the “why” of things and to figure out how we humans work. I have a difficult time accepting other authorities without having personally verified the veracity of what they say. I am a serious searcher of the Truth. Nowadays, I frequently work as a seminar leader, counselor and health advisor.

This book is a practical guide to what I know and have observed. There are many aspects to wellbeing that I have not covered. If I have not covered one of your important issues then I apologize. This book also describes my personal view of how the mind works and how the functioning of the mind can be transformed. It is what my partner Inge and I teach our clients in The Breathing School (www.breathingschool.com.au), and can be practiced by you after reading this book.

I present here in this book in simple language, a comprehensive set of guidelines and practices that I personally live by. If you too follow these, they will change your life and lead you and your loved ones to a state where you live with complete wellbeing and a life of ease and flow.



David Gore Graham, February 2009