



Be-Still *Personal Growth Services & Meta-physical Bookstore* ~ ~

6 Queen St. W. Elmvale, On

705.515.1000

Dissecting the Complexities Surrounding Mental Health Issues!

The label, *Mental Illness* causes more long-term damage to a person's psyche than we can possibly imagine!

1) *'Mental Illness'* is a spiritual dis-ease, **rooted in lack of understanding**, causing more harm than we can possibly imagine! Unfortunately, one of the main reasons why the highest % of sufferers who do not seek guidance is due to fear of being labeled! The label 'accompanies' the individual long after the heart has healed!

2) **Understanding** why 'bad things' happen to good people is an **'opportunity'** for personal transformation ~~which can be the drug!

3) It is essential that we **understand** the power of our **'True Essence,'** our inherent potential to overcome adversity in its many forms. This inherent Essence of **Power/Wisdom & Love** is in all of us~~it simply needs to be **understood!**

4) Treating a 'broken heart' with drugs is further 'insult' to injury! However, **understanding** that, grieving is a healthy emotion and it is an essential step towards our 1000 mile healing journey. But more importantly, being validated and understood that it is OK to 'feel' what we feel begins the healing process! (Sigmund Freud would turn his back to his patients to allow them to share their story).

5) It is also essential that patients/clients are 'taught' to understand that they are the co-creators of their own circumstances, and that there's no one to blame. Furthermore, it is imperative that we all understand and accept that;

"The World's a stage, men & women merely players~~ we have our exits and entrances, and each person, 'plays' many parts...." William Shakespeare

1) This Universal Law with help the student to accept and appreciate that ; **'difficult roads lead to beautiful new destinations'** when we believe that we are worthy, despite the 'script' we have chosen to 'play' in life!

2) As we begin to know and honor our true essence, it will be less challenging accepting those who think and feel different than we do.

3) It is through self-love and acceptance that we can heal our brokenness~~for the stress of feeling unimportant cannot be fulfilled by the love or acceptance of another human being!

4) Although the process of healing and understanding can be a very slow process, it is however, the first step towards our thousand mile journey!

5) Our emotional co-dependency is related to feelings of unworthiness~~or being disconnected from our true essence of love, power and wisdom!



'Prolonged'

Mental & Emotional Stress Contributes to Dis-ease!

Anger manifests as; *Arrogance, bitterness, denial, impatience, frustration, resentful, jealousy,*

Fear manifests as; *Anxiety, feeling unworthy, guilt, manipulative, nervousness, self-doubt, shame,*

Understanding = Prevention = Medicine

HEALTH...CONNECTIONS

Nervousness, insomnia, high blood pressure, dizziness.....
Sinuses, allergies, crossed eye, fainting spells, earache
Hay fever, hearing loss.....

Laryngitis, throat conditions.....
Bursitis, colds, thyroid conditions
Asthma, difficult breathing, pain in lower arms & hands
Bronchitis, pleurisy, pneumonia, congestion, influenza.....
Gall bladder conditions, jaundice, shingles.....
Liver conditions, low blood pressure, poor circulation, arthritis

Stomach problems; indigestion, heartburn.....
Allergies, hives.....
Kidney problems, hardening of the arteries, chronic tiredness
Skin conditions; acne, pimples, eczema &/or boils

Rheumatism, gas pains, certain types of sterility.....
Constipation, colitis, diarrhea, hernia.....
Cramps, difficulty breathing, varicose veins.....
Sciatica, painful and frequent urination, backaches.....
Poor circulation, swollen & weak ankles, cold feet, leg cramps...

POSSIBLE... CAUSES

Fear of life, lack of self-worth & rejection
Rejection of wisdom, resentment and blame
Guilt, repressed **anger**, bottling up feelings

Fear of ridicule & expression, humiliation,
Confusion, **anger**, feeling helpless
Overburdened~~ can't handle it!
Inner chaos, grief, deep old hurts
Bitterness, a need to make others wrong
Refusal to process emotions

Anger at life, **fear** of future
Feeling let down by life, blaming others
Refusal to take charge, need to be a victim
Low self-image, **fear** of relationships

Feeling unworthy, insecure and **fear** of love
A need to be loved—insecurity
Stuck in childhood pain, feeling trapped
Financial insecurity~~lack of trust
Insecurity, difficulty in expressing **anger**,

***Years of living with emotional and mental stress can cause real physical symptoms. The good news is that; these symptoms can often times be reversed, not always with drugs or surgery, but simply by providing ourselves with the opportunity to understand.*

Our body possesses an astonishing ability to restore and recreate itself. Our blood cells replenish themselves every 28 days. We regenerate a new liver every six months. Every seven years, each cell in our body is totally new. In this continual regeneration of the physical body, we have the opportunity to stimulate healing and improve our health. However, prolonged negative emotions, or 'hanging' on to our 'story', can cause an acidic reaction in our body, compromising our immune system, making it impossible for our body to heal itself.

Dr. C. Northrup is a modern day Meta-physician~~or the Mind/Body Connection!

Man's Search for Meaning; *"To live is to suffer~~to survive is to find meaning in the suffering."*

Dr. Viktor Frankl

Spirituality~~a Science that will set mankind free! Carl Jung 1921



Understanding the Mind/Body (*Meta-Physical*) Connection of Dis-ease!

Hippocrates' Theory (Greek Metaphysician & Psychiatrist, 450 B.C.)

The Planet earth is a refined body, part of our Creator of this Solar system. Life on earth, as it affects us, is an integration of four elements:

- | | | | |
|---------------------|--------------------------------|----------|--------------------------|
| • Cells; | Comprising the physical body | (Earth) | Responsible adult |
| • Molecules; | Comprising the Emotional body | (Water) | Sensitive Child |
| • Atoms; | Comprising the mental vehicle, | (Air) | Logical Adult |
| • Electrons; | Comprising the Spirit within, | (Fire) | Creative Child |

If all of the four different parts of our human makeup (cells, molecules, atoms & electrons) are integrated, and maintained at their proper level of vibration and consciousness, there would be no dis-ease. Disorder and dis-ease manifest as a result of negative vibration or imbalances within some fragment of the whole.

On a micro scale, it might mean a serious disability for a human being; on a larger scale, a serious malfunction or collapse of a group of human beings, causing imbalance in their environment.

When this imbalance reaches an even greater level, it can affect a community, a country and/or countries, e.g., the fall of the Roman Empire was as a result of the imbalances within the entire European continent. If all the continents are out of balance at the same time, the earth could collapse. We refer to this process as the *Collective Consciousness* of mankind. It is a totally integrated system! Our negative thoughts, not only affect us personally, but the planet as well!

For example, Jesus' coming into the world was to re-establish and rebuild the earth from fear to love; inequality to equality for all mankind!

The biggest negative force in life is **fear, self-doubt and anger**. Lack of confidence is a major stumbling block to learning and growth. But even worse, individuals, who stay in **denial** and quietly exist in their world of doubt and apprehension, slowly but surely, limit their ability to stay healthy and further progress in life. The **unspoken fears** kill far more and contribute to more sickness than can be imagined by a human mind!

The lack of self-love, feelings of unworthiness, prolonged fear & anger creates a 'chemical imbalance' (labelled as bi-polar or manic depression) in our body—compromising the immune system rendering the individual more vulnerable and susceptible to dis-ease!

Understanding is the 'key' that will set mankind free from the 'insanity' that drugs heal 'broken' hearts! It is validation, love & compassion that 'restores' the 'wounded child within.' In the overall scheme of things, we are all children learning how to love!

Rita Be-Still



History & Philosophy of our *Inherent Make-up* dating from 450 B.C., beginning with Hippocrates and ending with...

Rita Be-Still 1998~~Integration & Balance'

Hippocrates 450 B.C.	Black bile	Phlegm	Yellow bile	Blood
Carl Jung 1921	INFP	INTP	ISTJ	ISTP
Myer Briggs 1950	ENFP	ENTP	ESTJ	ESTP
<i>Please Understand Me!</i> 1967 Kiersey & Bates	NF	NT	SJ	SP
True colors 1978 D. Lowry	Blue	Green	Gold	Orange
<i>Integration/Balance</i> 1998 Rita Be-Still	Sensitive Child	Logical Adult	Wise Parent	Creative Child

All theories based on our natural preferences relating to:

- Feelings Molecules Water
- Watching Cells Earth
- Thinking Atoms Air
- Doing Electrons Fire

N.B.

- It is essential that all traits are developed and practiced in order to have a balanced self-esteem.
- The brain continues to grow into our late 20's. Every stage of development is approx. 7 years, therefore, 7 x 4 = 28.
- The Sensitive and Creative Child personality is a right brain function; Logical Adult and Wise Parent Personality is a Left brain function; Integration = **a balanced self-esteem!**

**** Most individuals who suffer from Mental Health Issues are those whose predominant personality falls under the Creative Child or Sensitive Child personality (right brain) and has experienced; neglect, abandonment, physical, emotional or mental abuse prior to the age of 14-15. Higher education however assists the individual to develop the left brain (Logical Adult & Wise Parent personality) essential for reasoning, integration and balance.**

Rita Be-Still, Healer of Broken Hearts



Life's Adversity-- Our Greatest Teacher!

Rita Be-Still is the founder of Be-Still *Personal Growth Services* & Metaphysical Bookstore in Elmvale, On established in Nov. 2013.

Rita's has experienced many familial losses. In a span of less than ten years, she lost three brothers and a young nephew to cancer, her twenty-one niece was killed in an automobile accident. Her mother unable to cope with the death of her sons escaped her earthly reality. She developed Alzheimer and subsequently died from a massive stroke. Her two older sisters also developed mental illness due to their life's circumstances, and they, too, became stroke victims. Her father went senile and died of a *broken* heart, following the demise of his family.

Rita's darkest night of her soul however was the separation from her teenage daughter and her youngest daughter's bulimia, a severe eating disorder, which she battled for many years. These challenges served to propel her to explore and seek out new and healthier ways of perceiving adversity! And rather than give into the abyss of despair following the demise of her immediate family, she chose to pursue a career in the Social Service Field, helping others find meaning in their suffering. Rita's insight as to why '*bad things*' happen to good people has availed invaluable inner peace, enabling her to *detach* from life's drama!

Rita devoted many years to the study of Psychology, Mental Health and Meta-physics (*Mind/Body Connection*), which has been her 'saving' grace, but more importantly, *arming* her with understanding that *the world is indeed a stage*, and each person plays many parts! However until we have the desire to '*awaken*' and shift from fear to love and stop perceiving ourselves as victims of life's circumstances, our ability to heal and to grow from life's adversity will continue to elude us!

Furthermore, if we fail to understand and embrace that we are the *co-creators* of our own circumstances, and therefore there is no one to blame, we will continue to suffer. Taking responsibility for our own emotional well-being is the first step to emotional freedom, rather than a lifetime of emotional turmoil!

Rita's childhood dream of making a difference in the world has become a reality. Her unconditional love, compassion, and gentle spirit are gifts that restore and heal the hearts of individuals whose life has been less than kind! But more importantly, Rita has discovered that difficult roads can lead to beautiful new destinations and a beautiful mind blossoms forth when we walk gently upon the earth creating the change we want to see in the world! But more importantly, credentials on the wall do not necessarily make us wise, but our life's challenges can make us whole!



Rita Be-Still, B.A., H.S.C., Psycho-Spiritual Counselor, Metaphysical Teacher,

*Rita is the author of *The Gifts of Responsibility, Finding Peace & Serenity Amidst the Storm*, released in 2007. She has also written two other books; **Knowing, When to say Goodbye** and **The Slave Mentality**, soon to be released.*

President Lincoln's life's purpose was to abolish slavery, even though his formal education was only grade 6!

***Change is the challenge of the soul~~for one must find the
courage to 'let go' in order to embrace what, could be!***

2-hr Speaking Engagements -- \$150.00 plus traveling time 1-hr sessions \$65.00

