

# Sickness and Mental Outlook

—By R. V. Bey —

I have found in my research that there are a lot of people who will experience difficulty in becoming well unless and until they release themselves of the sins in their conscious physical life, by growing spiritually conscious, and that is what the science of holistic health or heal-ing is about. Often when one feels as though they have committed infractions in their life, and suddenly they become stricken with a disease, they think it is their karmic debt to be sick for the remainder of their lives. Suddenly the true and natural power of forgiveness becomes apparent. Their inability to truly ask for or accept forgiveness is their own doing. Therefore, they think themselves into remaining sick. They hold themselves in contempt by being their own judge. No man is a judge, judgment is a matter of a constant movement of the universe. You are judged as you go, and it is never too late to ask for, to accept or to be forgiven. Forgiveness is a major silent culprit, which eats at a person from the inside out. The consciousness of forgiving is the act of changing or correcting one's misposition to that which is in harmony with Divine Law of proper order of self and one's environment.

It requires understanding, acceptance, courage and confidence. For some it is easier to remain in a fallen state, as one would think they don't have to be responsible (respond). Their will is sluggish, thereby they perpetuate their own doom. Sickness and dis-easements are a reflection of cause and effect in all aspects. Utilizing "self-reflection" is necessary to determine the source of illness through malfunctions of the anatomy, as well as reflection of one's deeds and actions. This is a vital area whereas an accurate horoscope becomes an indispensable tool. Know Thy Self.

Herbs are a "medium" by which physiological corrections can be made, if one is atoned when utilizing them. In other words, many who have limited knowledge of the workings of nature do not "believe" herbs work, thus they are limited in their effect, due to disharmony. Many will resort to herbal medicines as a last resort, or as an alternative. An honorable herbalist will first assess what medicines one has been taking, and proceed to clean out the residuals of those medicines, which may have caused damage, particularly to the liver and kidneys or to any of the systems used to filter out waste and toxins. At such time it requires an excellent herbalist to assess and apply the proper natural cures. Salt being a natural, can also be made into a saline solution liquid form. Saline is used often in medical facilities. Sea salt is a well known excellent cleanser. Mother Earth produces the "Salts of the Earth". There are 12 Bio Chemical Cellular Tissue salts of the earth. They consist of mineral constituents of and for the human body tissues. Taken daily, the salts maintain human body tissue and act as a natural preventative and preservative.



Physician, Heal Thy Self!