



Return to Stillness Blog

IF WE DON'T CHANGE ?

When we have something in our life that we don't want, we need to change it. So, if our roof leaks, we repair it; if our hair is too long, we cut it; if our garden is untidy, we weed and prune.

If our health is unsatisfactory, we look for ways to be well. We have to change the way we live from habits that harm to habits that heal. We look at where toxic relationships or environmental toxins are leaking into our days, and plug the leaks. We recognise excessive time we spend on unimportant matters, and cut it shorter. We see the untidiness in our daily programs, weed out the trivia and prune the unnecessary.

All the medicine, supplements, herbs, homeopathics and therapies in the world can only be of minor help unless we change.

If we don't change, nothing in our health will change, except for the worse.

