



“Alternative Facts” and the Path to Integrity

Lessons from 45: Number I

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We can learn so much, gain so much from the lessons of 45. My goal as a healer is to promote an environment where the individual heals, and with that health improve the chances to cultivate happiness and wisdom. Never has there been such a motivating influence as American President number 45 to inspire each of us to live fully and in the present moment!

If you somehow missed the legendary Kellyanne Conway interview, please watch to understand our current Administration’s positioning:
<https://www.youtube.com/watch?v=VSrEEDQgFc8>. The point here is not to frustrate anyone, but to see how this leadership has come out willingly and quite openly to exclaim, “We are lying to you!” Never before has there been such an opportunity for informational growth!

For years, most people have feared that our government was lying to us; now we know it is public policy #1. Of further note, we can see the speaker in this video become palpably ill as she has trouble stomaching her own deception. How does one grow from this!? Neutral Self Inquiry. The growth opportunities, although seemingly endless, come from witnessing.

First, the only sensible feeling: outrage. Two reasons you might not have felt this: you are already enlightened and know bullshit when you see it, or your “conservative” ideology has so numbed you to the facts vs lies “debate” that you accept these things as necessary evils on the path to the conservative “good”. For those who felt outrage, could you breathe through it, ensuring that the lesson was not lost?

We all lie to ourselves and others. However, coming to accept falsehoods as inevitable and acceptable diminishes our own potential. Can I live my life in integrity? Integrative medicine calls for healing, wholeness. Truly, one of the most disintegrative forces in our life comes from living our own, usually intricately rationalized lies, I know. Especially if you find the public policy of lying to manipulate the malleable masses outrageous,

observe how this is already occurring in your personal life: i.e. staying in a relationship, a job, a religion that no longer works for you, but you rationalize why you do it.

Let go of 45 and all his minions. His malignant narcissism won't allow him to experience neutral self-inquiry. Be the change you wish to see in this world. What an amazing opportunity we have for self-reflection. Take action within your own lives. Am I respectfully honest with myself as well as with all those I contact? Becoming 100% honest and integral is your challenge, in spite of the lack of integrity from our current leaders.

For years, people have asked me, "Why do you write articles that are so political, what do they have to do with medicine?" I wish I had written more controversial articles, as I could see the deception and lies destroying the minds and will of our aging populace. Fear drives the capitalist machinery that feeds the wealthy who own and run our country. People who only watch Fox News seem to cling to lies like heroin; it destroys their humanity, but they go back for more. Alternative facts seem to require a massive medical detoxification effort as the inmates are now running the asylum, and time is running out.

How do we help those afflicted by "alternative fact" misinformation? We can't. Addicts need to hit rock bottom, even then treatment is difficult. We can love them resolutely, and continue to lead our lives with verifiable truths and integrity. Stand with the fellow humans, even those who wish to destroy others while 'protecting' themselves. Be willing to face vengeance with love, and when necessary, strength. We collectively chose this, acceptance must then lead to an affirmative action!

Your Journey to Health and Healing,

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