



How We Can Thrive

By: Gary E. Foresman, MD

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Why don't we live life fully? Why don't we live integratively rather than so dis-integratively? When most everyone knows how to exercise, eat well, and manage stress, why don't they? Why do we so easily fall back into "bad" habits and into cycles of guilt, worry, and addiction? Why are we more motivated by fear than love? These are among the questions I ask of myself and my patients every day.

At the heart of this answer, I believe, is a deep uneasiness felt by everyone to some extent that something is "not quite right" in the world. A background level of stress permeates our existence and manifests in our visible world as climate change, an unsustainable economy, a "disease-care system" that cannot work no matter who funds it, and the widening chasm between the "haves" and "have-nots" of our world. Our mainstream media and education system obfuscate the truth in a well-concerted effort to promote a sense of dissatisfaction in our lives and foster consumerism.

In the face of these forces, true healing seems impossible for most. So how do we escape this cycle?

Awareness.

Awareness enlivens the physiology and comes from the trans-logical practice of meditation, silence. Looking within for answers not without. If you ever wondered what separates wisdom from intelligence, the answer lies in accessing your spiritual self so that you use intelligence and intelligence doesn't use you. Experience nature, silence, you; in doing so you break the cycle of fear, disease, and addiction that unconscious intelligence breeds.

Go to the website www.thrivemovement.com and start by watching the movie Thrive. This video best portrays those forces present in the world that keep us from wholeness-healing. More importantly, the movie and the website provide you with actions you can take individually and community-wise to enable an environment that supports our collective nature: Thriving.

This movement will challenge and, I hope, excite you. As a physician I see only one answer to our health-care crisis: Waking up. To see each individual's healing without looking at the context of their environment defies reason. In humanity's quest for knowledge, wisdom suffers. How does one distinguish fact from fallacy? Ask yourself in your quest for knowledge today: Did this information breed understanding, and did that understanding breed compassion? Knowledge that cultivates fear and separateness

turns the fact-holder into a manipulable pawn. Knowledge that engenders understanding and compassion creates wisdom and Thriving!

Your Journey to Health and Healing,
Gary E. Foresman, MD

Website: www.middlepathmedicine.com

E-mail: info@middlepathmedicine.com