


Personal Wellness Mind, Body, Spirit

by Pamela Aloia & Michael Aloia



Koyaanisqatsi (KOY-ah-nis-KAHT-see) is a word that comes from the Hopi American Indian language meaning "life out of balance". The word suggests that if one path or state of being is in turmoil, consideration should be made to choose another way of life so harmony – balance – can be achieved. The American Indian philosophy conveys the connection all beings share with one another and that everything and everyone has a purpose. Because of this, we each share a relationship

with that which surrounds us. An individual is considered or viewed as complete when this harmony is individually recognized and attained to create personal wellness.

Personal wellness, then, is a combined balancing of three components - the mind, the body and the spirit. Over the course of three articles, we will present the Rescuer Mindset philosophy of effectively becoming aware and strengthening these three components to enhance individual existence and

wellness.

The mind is considered the human intellect, the cognitive hub where logic, analysis and imagination collide in what is perceived real and unreal. The mind also encompasses our consciousness - our awareness perception of life. This awareness to our existence places us in touch and in direct contact with others and their existence. The balance or imbalance of the mind's condition has a direct impact on the way in which we perceive and react to the world and its



events as they relate to us. Beyond the electric pulses of the brain and our body's message center, our mind is a set of standards and principles where point and purpose are sought. The term "master of one's reality" is solely determined by the interpretations of the mind. The mind works with a set of rules, created to withstand the ever-changing climate of the world around us. We possess an innate knowledge of how things should be as determined by the standards and principles of our

mind. These items can change as our lives change and alter to varying situations. So when things are out of synch or not as our mind expects a situation to be, our minds adapt and create a change in perception, standard, or belief. The mind's ability to modify and adjust to situations is unprecedented. Our minds set the stage for how we choose to carry out our beliefs and whether we hold fast to them or allow them to merge and evolve. Simultaneously, the mind reasons

between good and bad, right and wrong, happy or unhappy. It makes those distinctions yet leaves the choice as our own.

Many people believe that our thoughts create our reality. It is our perceptions and how they are translated that will determine the quality of that reality. Each belief within our mind is associated with an emotional response as well. So we can see how our mind has a great affect on how we perceive and interact with the world.



For instance, you arrive at the scene of an accident and a victim is irate and angrily lashing out at the EMS personnel attempting to help him. The Responders can take the victim's behavior personally, in which case their demeanor and response will be one of a defensive posture and potentially discourteous. However, the Responders could realize the victim may be feeling helpless and scared, which is surfacing as extreme annoyance, and respond with patience and understanding. It is a choice of perception.

It should be stated that the mind, though it can be our greatest ally, can also be our greatest foe if allowed to misconstrue, misinterpret and disproportionate a situation. The mind has the ability to cycle through an infinite stream of possible outcomes and timelines for any given circumstance. However extraordinary this ability is, the process can often lead to a spiraling of misjudgment, miscommunication and disaster on the plains of interaction and trust. Consider the barrage of thoughts and scenarios that are con-

jured up mentally while on route to a call that has been categorized as an MCI or has limited information to accurately assess the needed levels of response. A whirlwind of mental assumptions from the mundane to the extreme cast the mind into an array of panic and confusion where doubt and the inability to properly perform one's duty could arise. This could lead to either an overload causing a heightened perception of reality or a complete mental shutdown. The importance of being in balance -being in harmony -will only serve to maintain mental integrity and a mindful disposition.

The power of the mind has been documented time and time again in various studies. From the achievements of the placebo effect to the accomplishments of those in dire straits; the mind can make what seems impossible possible. To succeed in all we do, all we need to do is believe.

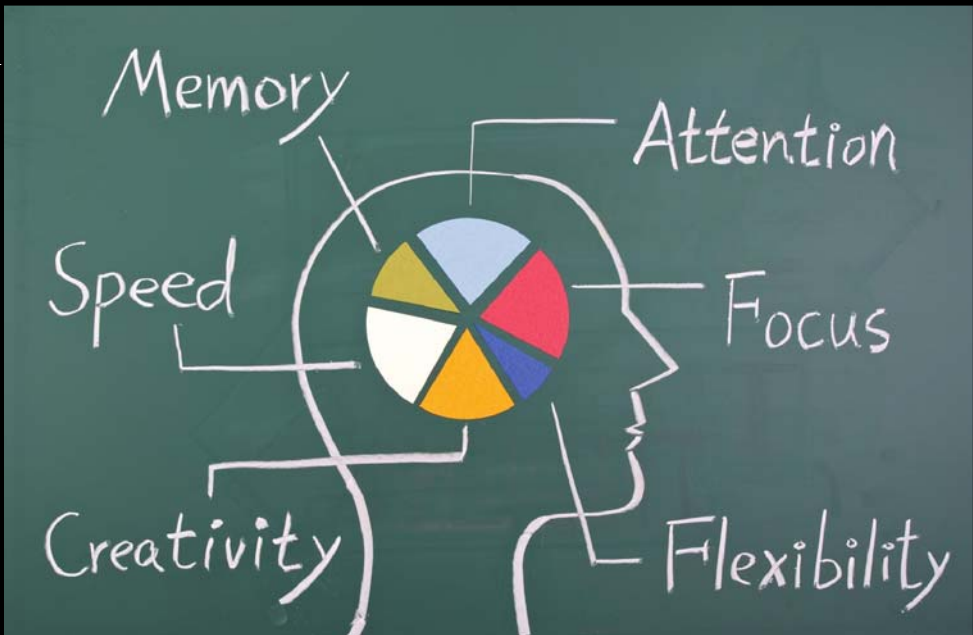
A healthy mind is one that is positive, yet practical, and possesses the foresight to see the possibilities and wonder of any situation -always seeing the

silver lining. The positive effects ripple to that which surrounds us -it spreads and is absorbed by those we come in contact with. Arriving at an emergency scene riddled in chaos where everyone around you is at wits end, however ominous things may seem, you remain calm and allow your training to be your guide. This, in turn, is projected outward and begins to facilitate others to follow your example. The severity of the moment is lessened by the presence of capable and qualified professionals. The effects of mind's power are only rivaled by the power it possesses.

Defining what we believe the mind to be and the potential untapped powers it possesses is one thing. To learn to harness and use that power is another. In a society that boasts independence and preaches to think for yourself, the notion to go against the grain remains quite suppressed. The act of questioning the status quo is still considered unmannerly and sometimes met with obstacles, ignorance, and offense. Outlandish thinking results in outlandish outcomes. Yet, outlandish thinking has allowed humankind to catapult its way to the future. Without it and resting on the laurels of the status quo would have left our race as a simple hunter-gatherer one. We would still be in the dark and technological communication and other progressions would be a figment lost on the mentally unmotivated and intellectually incompetent. Fortunately, we have realized the mind to be an indispensable asset and the ultimate power found in inspiration and aspiration.

Simply put, to harness the power of the mind we must use it. To think is to be, therefore, we are. How we think not only determines how and what we do now but how and what we will do tomorrow. The mind, like any muscle, needs to be challenged for growth, for refinement and for betterment; otherwise, it ceases to properly function and fulfill. A dream dies and tomorrow is halted -a life loses out and a world suffers. Finding opportunities to flex our minds is a chance to make a difference, a chance to better our lives and a chance to change the world.

Allowing our minds to be used and challenged -to process, dissect, config-



ure, formulate and imagine, is only the beginning. To use and expand upon what we design mentally is the pivotal point between the proverbial here and there, this and that, then and now, and today and tomorrow. The ability to grow is the key. For growth to begin

we must give ourselves the time to succeed -the time to develop these patterns of cognitive clarity and intellectual intensity. We must give our minds due diligence and adequate stretching room to be all it can be and more. We must mind our minds with the intent to

create and the desire to be. **EVS**

Authors

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