

## Chapter 14

### **Health**

#### *Possessing and Retaining a Clear, Powerful and Stable Mind, Body, and Spirit*

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*Health* – “*the condition of being sound in body, mind, and spirit*”. Our state of wellness can change from day to day, hour to hour, and for some by the minute but to obtain *optimal wellness* is to actively engage in the dynamic process of moving toward crowning our full potential. Health is on a continuum and *death* is what’s on the other end.

The lowest marking on my gamut of health was pinned during the months anterior and posterior to my Grandfather passing away. My *physical, mental* and *spiritual* well-being disintegrated at a hasty velocity as I formed an *environment* brimmed with affliction. Sleazy Street Values, Baleful Addictions, Deficient Finances, and Inactive Parentage emboldened my ill demeanor.

One of my most emphatic *core beliefs* is that I am a **winner**. The *confidence* I have in my capability to reach divine excellence in all that I am associated with is the force that obtrudes my substantial standard of *potential*. I hate to lose, even more so when I know subscribing to my full potential would have clinched the victory.

My health crisis initiated *spiritually*. I was sick because my Grandpa was sick, my Grandma was gone, my Mom and I were distant, I had no confidants, I was feuding with Sarah, and I was missing my kids. I had no one to *communicate* with, I felt empty and alone.

### **Dry Tears**

*Sometimes there's times all I want to do is cry  
Every time that I try, my eyes are always dry  
Emotions tend to run high when certain thoughts go through my mind  
Like memories of family, mostly of the ones that died  
Other times my kids in mind  
They are both my joy and pride  
It hurts me deep to know that I, was gone and missed most of their lives  
Still then my tears hide, every feeling kept inside  
If only I could shed a tear  
I'd let it lie, until it dry*

—Michel Durell Comer

My emotional reaction to these *circumstances* crumbled me *mentally*. I thought I could make everything right again but the more I failed the more mentally agitated I became. Concentrating on controlling ordeals that were out of my control was the paradox of my mental state. Also rebelling against accepting tragedy as my reality when my reality was tragic was another enigma.

These ailments then saturated me *physically*. Drugs to numb the pain damaged my body's internals. Fisticuffs to release anger got me a Taser to the face. Crime to get money put a target on my back. My life was becoming a travesty, nothing was going right and I was uncertain of what would come next.

### **Lifeless**

*My hearts heavy and my souls empty  
I feel so alone it's like no ones with me  
I believe this moment here must be GOD's test  
I'm so filled up with emotions, I'm emotionless  
I'm turning cold; all I do is mean mug  
The devils talking to me telling me I need drugs  
I was living by the second now I'm dying by the minute  
Just hoping that I don't and wishing that I didn't  
I'm to the point that I can't even trust myself  
So how the f\*\*k am I supposed to trust somebody else  
I built a wall with no plans to tear it down  
Submerged inside my thoughts trying not to drown  
Sometimes I start walking with no destination  
Voices in my head provide the conversation  
Other times I sit still, my mind blank  
Thinking so damn hard, it's damn near hard to think  
The good times are all just memories, the future is a mystery  
I'm afraid of what's ahead of me, anxiety is killing me  
I'm tired of this sh\*\* I'm pissed, no one understands the pain I feel  
I'm praying for the day that I can finally live a life that's real*  
—Michel Durell Comer

With no set plan, a new active warrant, and a pending “dope case”, I purchased a one-way bus ticket to Atlanta, Georgia to get as far away as I could. Literally the same second I un-board the bus I got a text message from my Mom saying that my Grandpa was called to heaven. I was weakened. The last thing that I wanted to happen happened while I was more than a thousand miles away from home. Now my next issues weren't just how I was going to make my way around a foreign state, I also had to deal with the heartache of losing a soldier and the remorse of not being there by his side. I stayed in Atlanta until later catching another bus to my Grandfather's hometown of Columbus, Ohio where his funeral would take place. I was in bad shape; my all around health was unsound.

Earth's surface is lined with unhealthy people, places and things that can counter our potential. Our health should not be compromised for anyone or anything. I've been toe-to-toe with *depression*, *low self-esteem*, *anxiety*, and *self-doubt*. To alleviate the dejection from these distinctive mental health calamities I had to challenge myself to replace **pessimism** with **optimism** and adjust my vernacular from, "**I can't do**" to "**I will do**". Conversation rules the nation. Communication is therapy; even a lone quibbling rant can be therapeutic. If you got it on your mind get it off your chest. Untreated bottled up energy has caused me to implode and act out of character while exemplifying out of body experiences.

Vocalizing cynical *thoughts* can extract poisonous *feelings* that could burst into worthless *actions* and *beliefs*— just as outing unwanted *feelings* can help corral a new cadence of *thought* in which can sabotage the osmosis of disastrous *habits* and *beliefs*. Some floodgates are wider than others, decreeing openings for actions to stream out. Any segment of behavior that has already been exhibited cannot be erased. The script must be edited in preparation for the next take. To produce the corrections for healthier results, replay the scene in your mind to *identify* and *challenge* the dire thoughts and feelings you cradled during your stunts. Having knowledge of this information will reinforce your direction of replacing old habits.

**\*SUCCESS LOG** (refer to the **Appendix** on page. (b.1-6) for list of distortions)

**Identify** a *thought* and *behavior* that you successfully **challenged** this week. Also **identify** the *thinking distortion* and *feeling* that you **experienced** when you challenged your *thoughts* and *behaviors* **successfully**. Fill in the blanks.

*Example:*

### **THINKING**

1. I was thinking (thoughts) *I may never get my business off the ground*
2. After (event) *My finances became scarce*
3. I identified the *thinking distortion* behind my thinking was *Jumping to conclusions*
4. I challenged this distortion by *Creating new goals*
5. I felt (feeling) *Uplifted* upon completing this change successfully.

### **BEHAVIOR**

1. I (list action/behavior) *Doubted myself*
2. After (event) *Financial setbacks*
3. I Identified the *thinking distortion* behind my behavior was *Emotional Reasoning*
4. My *plan* to challenge my thinking distortion and correct my behavior is *to remain optimistic and keep faith in my will to find a way*
5. I felt (feeling) *Empowered* upon completing this change successfully.

*Fill in the blanks:*

### **THINKING**

1. I was thinking (thoughts) \_\_\_\_\_
2. After (event) \_\_\_\_\_
3. I identified the *thinking distortion* behind my thinking was \_\_\_\_\_  
\_\_\_\_\_
4. I challenged this distortion by \_\_\_\_\_
5. I felt (feeling) \_\_\_\_\_ upon completing this change successfully.

### **BEHAVIOR**

1. I (list action/behavior) \_\_\_\_\_
2. After (event) \_\_\_\_\_
3. I Identified the *thinking distortion* behind my behavior was \_\_\_\_\_  
\_\_\_\_\_
4. My *plan* to challenge my thinking distortion and correct my behavior is \_\_\_\_\_
5. I felt (feeling) \_\_\_\_\_ upon completing this change successfully.

Every day is a new day with a clean slate. Welcome in health and happiness. Meditate with affirmations to discern tranquility. Love yourself. Laughter is medicine. “*Self-control is strength, Right thought is mastery, Calmness is power*” –James Allen. Nurture your temple. Eat a balanced diet, exercise, and upkeep good hygiene. Let go of negativity and trust your higher power.

**Serenity Prayer**

“**GOD** grant me the **Serenity** to accept the things I cannot change  
**Courage** to change the things I can  
and **Wisdom** to know the difference”

-Amen