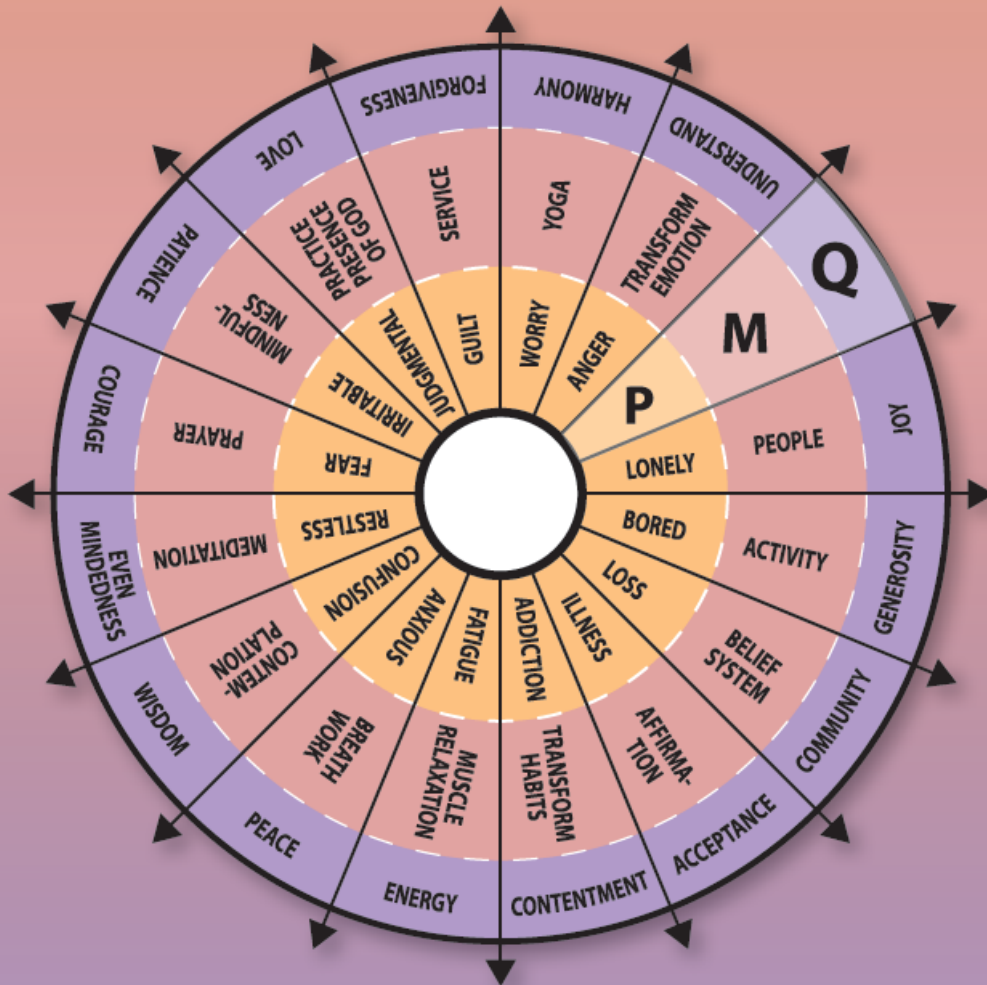


The Universal Healing Wheel

HEALING POWER THE WORKBOOK



PROBLEM, METHOD, QUALITY

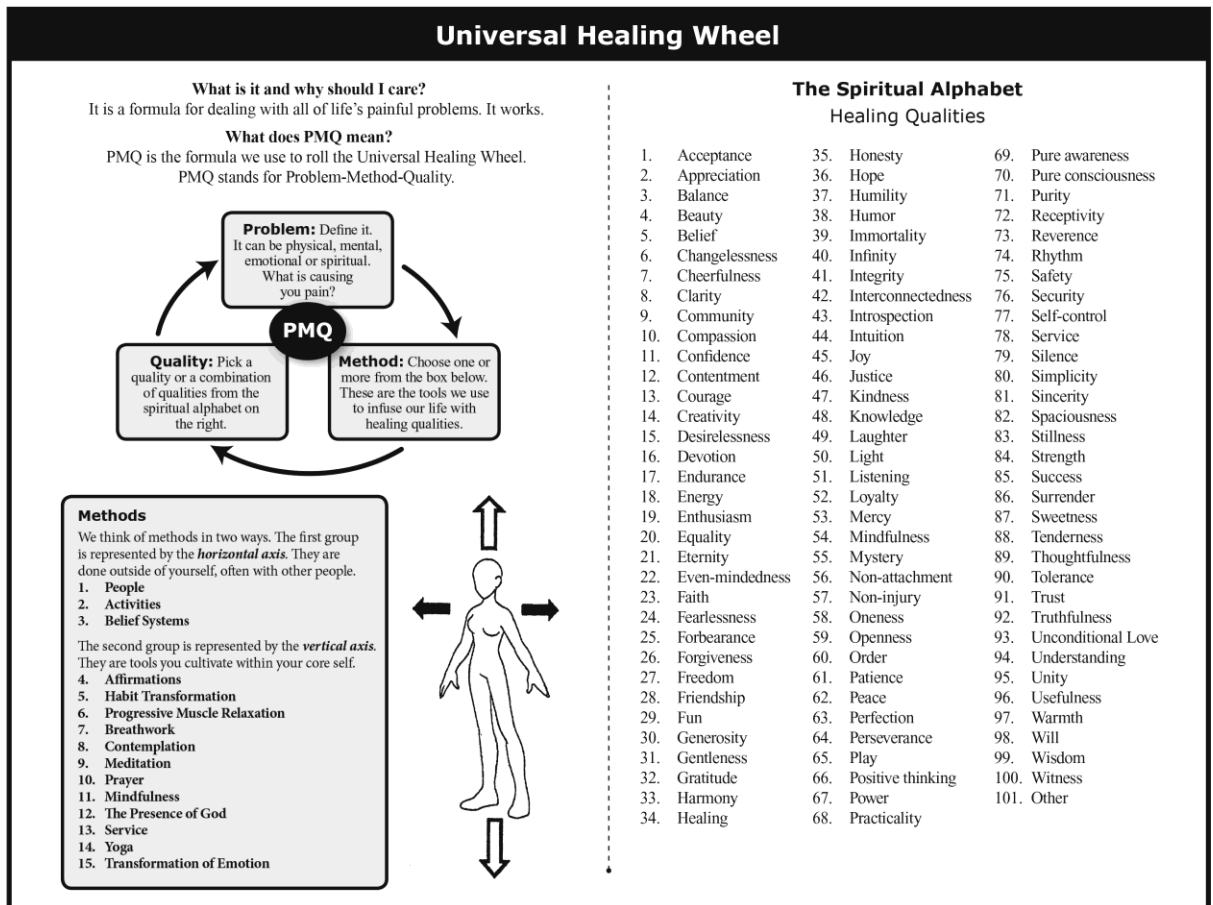


PHILIP SHAPIRO M.D., M.P.H.

Healthcare Professional and Consumer

Heal Thyself

- This chapter introduces a self-help, self-healing model I use myself and teach to students, staff, and clients if they are interested.
- It doesn't matter where you are on the map. We all need more healing power. There is always a next step to take.
- The way forward is the universal healing wheel or pain, method, quality (PMQ).



- P is any pain or problem: this can be physical, mental, emotional, interpersonal, or spiritual.
- M is methods. There are fifteen methods.

- Q is qualities. There are one hundred healing qualities.
- Those who practice the recommended methods in response to their pain will cultivate healing qualities such as love, compassion, patience, kindness, humor, forgiveness, courage, perseverance, strength, and more. When these healing qualities grow, we feel better and become better people.
- Next is a discussion of PMQ in some detail.

The Universal Healing Wheel

The Mechanics

- Mind-Body-Spirit Medicine: There is ample scientific evidence that people with an active faith system have better outcomes in medicine, surgery, mental health, and addiction. This allows us to bring spirituality and religion into the practice of medicine.
- The next step is to *find and transfer the essential healing principle* from religion to medicine safely and without controversy. This is a difficult task. Religious belief systems present a broad array of complex, confusing, and contradictory principles. This model reduces complicated, controversial religion into a simplified practical spirituality.
- Here is the key principle: the entire story of religion is *the triumph of love over pain*. Love is the supreme healer. It is greater than any painful problem.
- Our job is to respond to our pain with love a little bit more every day. To do this we need:
 1. A definition of pain
 2. A definition of love
 3. A way to implement the principle that love is more powerful than any painful problem
- The universal healing wheel answers that call.

The Universal Healing Wheel = PMQ

- PMQ is the essential healing principle of all religion. It is the $e = mc^2$ of spiritual healing. You will find PMQ in every healing model.

- P = Pain
 - M = Method
 - Q = Quality
- **Pain:** Let's start with pain. Every healthcare visit has something to do with pain. We can take some of it away with the medical model, but we are stuck with a great deal of residual suffering. We get hooked to our pain story and can't shake it. We need a way to manage this pain skillfully, but nobody talks about this. We say, "Your pain is your medicine if you know what to do with it. You can turn the tables on your pain and make it work for you. You can become a more skillful pain manager." The saints tell us how to do this.
 - **The Qualities:** The saints recommend adding healing qualities such as love, compassion, understanding, and forgiveness to the pain story to calm it down. After all they would say, "Isn't the whole of religion a story of the triumph of love over pain? Isn't love more powerful than any painful problem? *Love, compassion, kindness, and understanding: these are the pain managers and the healers.* But these qualities do not grow on trees. They are in the genetic code, and we need to cultivate them by practicing the recommended methods.
 - **The Methods:** There are fifteen methods extracted from religion, psychiatry, and psychology. These include meditation, mindfulness, breathwork, affirmations, contemplation, the transformation of emotion, and more.
 - **Rolling the Universal Healing Wheel:** In response to your pain, we suggest you pick a method to cultivate a quality. This is called rolling the universal healing wheel. This is universal and works for people of all persuasions.
 - **Traction Devices:** Traction devices are the stuff of religion. We add back the stuff of religion as we think this adds even more power to the healing equation. To stay out of controversy, traction devices are offered as *a cafeteria of options* with the proviso that one person's traction device is the next person's gag reflex.
 - **How This Works:** An atheist or agnostic person with an anxiety disorder might choose meditation to cultivate peace of mind. The PMQ here is anxiety (P), meditation (M), peace (Q). There would be no welcome theological traction devices. A Buddhist with the same problem

might want to meditate with the Buddha and focus on compassion. A Christian might add Jesus and the God of love. A Hindu might add Krishna and even-mindedness under all conditions. With the addition of these traction devices, these individuals may find more comfort and solace.

- In summary:
 - a) P is any painful problem: physical, mental, emotional, interpersonal, or spiritual.
 - b) M is the fifteen methods.
 - c) Q is the love = One hundred qualities and higher states of consciousness.
 - d) Traction devices are anything from the stuff of religion that gives you traction.
- Study the healing principles outlined in this work long enough to understand how they work. Then roll the wheel and experience the result:
 - a) Love contains, reduces, or eliminates pain and guides us through what is left.
 - b) Love grows until love is all there is.
- To see how this works, you have to unpack the wisdom through direct personal experience. You have to sit with your pain and ride the pain waves to get to your upgraded, refined love. This workbook shows you how to do this, but you must be the one to do it. Think, reflect, and practice. Use every opportunity and experience—good and bad—to roll the wheel.
- Love is the great healer and great pain manager. It is more powerful than any painful problem. This message is needed now—sorely needed now—as there is so much darkness and pain in the world.
- In the next sections, we will focus on important points about pain, methods, and qualities.

Pain

- Life is painful.
- *How we manage our pain determines whether we move forward, backward, or stay stuck in this life.*
- When we manage pain unskillfully, we make it worse. We get stuck and go backwards.
- When we manage pain skillfully, we hold our ground and move forward.

- Unskillful pain management is the number one problem on the planet. It can paralyze and eventually destroy our lives and the lives of those around us.
- We need help. We need to learn more about the origin of our suffering so we can manage it more skillfully. Then, instead of dragging us down, our problems become a source of strength and peace.
- *This work is designed to help you become an ever-increasingly skillful pain manager.*
- Skillful pain management will help you safely navigate your way through the many pitfalls that have already come your way and will continue to come your way. Is there anyone who does not need this?
- All of us need to improve our pain management skills, but few pay attention. Our society focuses on the opposite: pleasure seeking, immediate gratification, and pain avoidance. This can work for a time but inevitably leads to more pain.
- *There is nothing more important than learning how to be a skillful pain manager.* Skillful pain management is in the hall of fame of great ideas. It is the missing piece in our lives. It is a big deal.
- Pain is a complex and tricky subject. If we are to become more skillful pain managers, we need to study its ways.
- Facing our pain and learning how to work with it can be frightening. However, when we learn how to do this, we find our power in the story. This means *we are going to participate in self-healing.*

Following is a review of some principles to help us do this work.

Two Levels of Pain

Pain has two dimensions. It is a good idea to keep these in mind as it helps us see where we do the work. The two levels are:

1. The inevitable suffering of life: we cannot control this.
2. Reactivity: our reaction to the inevitable suffering of life. This is reversible.

The Inevitable Suffering of Life

- All of us have to face the minor irritations of routine daily living and major life problems such as disease, disability, loss, change, the unknown, and death. This is the inevitable suffering of life. Life is difficult and painful for everyone. There is no way around it.
- The pain can be physical, mental, emotional, interpersonal, or spiritual. It can be any disease, disability, stress, or symptom. While we may be able to reduce some of this pain, there remains a great deal of suffering, no matter what we do.

Reactivity

- Reactivity is what we add to the inevitable suffering of life. Most of us add a lot of reactivity to the pain equation.
- Here is a classic, near universal response pattern that occurs when we are confronted with a stressful problem:

Reactivity

1. **Mind:** The mind heats up, spins out of control, ruminates, and repeats the pain story. It attaches to the pain story and won't let go.
2. **Emotion:** Anxiety, depression, anger, fear, guilt, shame, embarrassment, and other painful emotions add up, overlap, pile on, and overwhelm.
3. **Desire:** Desire, attachments, and bad habits kick in—food, alcohol, drugs, power, sex, shopping, gambling, and more.
4. **Body:** We experience a medley of uncomfortable physical sensations: tremors, butterflies in our stomachs, tight muscles, sweaty palms, rapid heartbeat, and more.
5. **Activity:** We become hyperactivity junkies running on the track of life seeking pain relief through people, activities, and things. We distract ourselves from the time we get up in the morning until sleep. This can be good and works to a point, but we don't get to the root cause of our suffering when we use activity to avoid looking at our problems.
6. **Ego:** The trickster ego adds a layer of confusing maneuvers that get in the way: defensiveness, paranoia, pride, rigidity, judgmental attitude, greed, selfishness, fixed distorted ideas, power trips, and more.

- Unnecessary high reactivity is a source of untold suffering. But here is the good news. Reactivity is reversible. *We can control these reactions.* We have considerable leverage here. This is where we can do some work. *This is where we can become ever-increasingly skillful pain managers.*
- We can reduce reactivity when we practice the methods and qualities described in this workbook.



- When we do this work, we have less pain and we are better at managing the pain we cannot eliminate. Life still hurts but we get the easiest possible ride by riding the pain waves just as they are. This is how we become ever-increasingly skillful pain managers.
- In the next section, you will find a list of one hundred healing qualities followed by some important points about how these qualities help us manage our pain and heal.

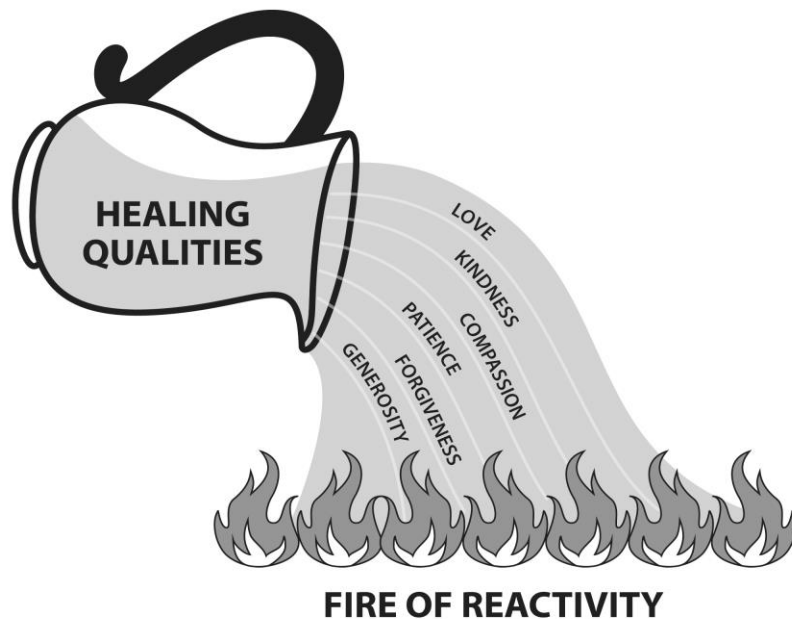
One Hundred Healing Qualities

1. Acceptance
2. Appreciation
3. Balance
4. Beauty
5. Belief
6. Changelessness
7. Cheerfulness
8. Clarity
9. Community
10. Compassion
11. Confidence
12. Contentment
13. Courage
14. Creativity
15. Desirelessness
16. Devotion
17. Endurance
18. Energy
19. Enthusiasm
20. Equality
21. Eternity
22. Even-mindedness
23. Faith
24. Fearlessness
25. Forbearance
26. Forgiveness
27. Freedom
28. Friendship
29. Fun
30. Generosity
31. Gentleness
32. Gratitude
33. Harmony
34. Healing
35. Honesty
36. Hope
37. Humility
38. Humor
39. Immortality
40. Infinity
41. Integrity
42. Interconnectedness
43. Introspection
44. Intuition
45. Joy
46. Justice
47. Kindness
48. Knowledge
49. Laughter
50. Light
51. Listening
52. Loyalty
53. Mercy
54. Mindfulness
55. Mystery
56. Non-attachment
57. Non-injury
58. Oneness
59. Openness
60. Order
61. Patience
62. Peace
63. Perfection
64. Perseverance
65. Play
66. Positive thinking
67. Power
68. Practicality
69. Pure awareness
70. Pure consciousness
71. Purity
72. Receptivity
73. Reverence
74. Rhythm
75. Safety
76. Security
77. Self-control
78. Service
79. Silence
80. Simplicity
81. Sincerity
82. Spaciousness
83. Stillness
84. Strength
85. Success
86. Surrender
87. Sweetness
88. Tenderness
89. Thoughtfulness
90. Tolerance
91. Trust
92. Truthfulness
93. Unconditional Love
94. Understanding
95. Unity
96. Usefulness
97. Warmth
98. Will
99. Wisdom
100. Witness
101. Other

Important Points About the Qualities

- You have an army of one hundred healing qualities.
- They are in the genetic code, the inherited wisdom of the body.
- They are not just words but actual healing powers.
- We can deploy them in response to any painful problem.
- They are more powerful than the painful problem.
- We know how to make them grow.
- Grow one, and the others grow with it. They are interconnected.
- The goal is to make them unconditional, spontaneous, automatic habits.
- As they become unconditional, spontaneous, automatic habits, the locus of control shifts from outside to inside.
- Expansion of healing qualities leads to higher states of consciousness.
- Life presents unlimited opportunities to evolve the qualities.
- Every moment of every scene is an opportunity to grow a quality.
- We can bring the qualities to every aspect of life: thought, feeling, choices, actions, listening, talking, working, eating, relaxing, relationships, conflicts—everything; you name it.
- There is no limit on the growth of a quality. There is always a next step.
- We always need more of all of the qualities, but from moment to moment some stand out as more important than the others. Work there.
- Reactivity is that part of our pain that is reversible. *Healing qualities contain, reduce, or eliminate reactivity and guide us through what is left.* This is skillful pain management.
- Armed with healing qualities, we are ultimately bigger than our pain.
- Good mental health is when the qualities are in charge.
- Good spiritual health is when the qualities are in charge.
- The most important question: are the qualities growing?

- Healing qualities are water on the fire of reactivity.



- But the qualities do not grow on trees. They are in the genetic code and we need to cultivate them by practicing the recommended methods.

Methods

- This work presents fifteen methods we can turn to when doctors and other healthcare professionals can't solve our problem.
- The methods are a compilation of ancient wisdom and modern science. They are evidence-based and have proven to be effective over the ages.
- These methods help us manage the inevitable suffering of life and our reaction to it.
- The methods are organized under the horizontal and vertical axes.

- Horizontal axis methods include the outer world of people, activities, and belief systems.
- The vertical axis includes methods we use inside ourselves. These distinctions are made for teaching purposes only. The boundaries between the outer and inner world are arbitrary, and there is overlap.
- You already practice some of these methods. This review will help you become more conscious of what you are doing and help you expand your repertoire.
- These self-help methods integrate with traditional, complementary, and alternative medicine.
- The methods can be used by any person: atheist, agnostic, religious, or spiritual.
- The methods can be used for any problem: physical, mental, emotional, interpersonal, or spiritual.
- The methods help us manage our pain, problem, symptom, disease, or disability.
- The methods help us contain, reduce, or eliminate our pain and guide us through what's left.
- The methods help us cultivate healing qualities that contain, reduce, or eliminate reactivity.
- We can practice the methods anywhere and anytime—at home, at work, or at play.
- We can start anywhere. Pick the method that most appeals to you at this moment.
- Explore them all as time allows.
- No method is better than another.
- No method works for everyone. Pick the ones you want.
- Incorporate and balance the methods according to your current motivation and lifestyle.
- It doesn't matter if your pain is mild, moderate, severe, or extreme. These methods work no matter the size, shape, or complexity of your problem.
- When we learn how to deal with small problems, we will know how to deal with the big ones. The principles are the same.
- For chronic, severe problems, we will need to practice these methods in a variety of combinations for years.
- With practice, we can learn how to manage our deepest suffering with corresponding healing interventions to match.

- The methods guide us through the roughest patches, including the most brutal reality, dark night of the soul, and cave of darkness.
- The list is not inclusive. You are encouraged to heal by any method that works for you.
- A brief introduction to the fifteen recommended methods follows.

The Methods

Horizontal axis: external work

1. People
2. Activities
3. Belief systems

Vertical axis: internal work

4. Affirmations
5. Habit transformation
6. Progressive muscle relaxation
7. Breathwork
8. Contemplation
9. Meditation
10. Prayer
11. Mindfulness
12. Practicing the presence of God
13. Service
14. Yoga
15. Transformation of emotion

What Do You Do When You Are in Pain?

Horizontal Axis Methods: External Work

1. People

- When we are in pain, we instinctively turn to trustworthy loved ones, friends, family, or counselors. We tell our story seeking understanding, validation, comfort, and relief.
- We have a deep and inherent need to give and receive love, compassion, understanding, patience, kindness, and humor. These qualities are the healers and pain managers.
- The idea is to have the best possible network of like-minded, warm, wise, and compassionate people: the right people, at the right time, at the right dose.

2. Activities

- Constructive meaningful activities contribute mightily to pain management and healing.
- We need a variety of activities such as school, training, volunteering, work, hobbies, culture, exercise, martial arts, sports, the Internet, TV, radio, music, culture, reading, the arts, and more.

3. Belief systems

- It doesn't matter whether your belief system is secular, spiritual, fixed, or opened as long as it gives meaning, purpose, and positive thought.
 - Church, synagogue, mosque, twelve-step programs, DBT (dialectical behavior therapy), or other healing ceremonies?
-
- Many people make the mistake of trying to solve all of their problems on the horizontal axis of

people, activities, and belief systems. Some problems can only be resolved by doing some inner work.

- When you have done everything you can in the world of people, activities, and belief systems and you are still in pain, you can use twelve additional methods to help you with your painful problem.
- Methods 4–15 describe the work we can do internally. These are the methods of the vertical axis. We can work these methods alone or in a group. Both are good, and they complement each other.

Vertical Axis: Internal Work

4. Affirmations

- The mind has great power to do harm or good.
- Fill your brain with powerful positive thoughts and pearls of wisdom.

5. Habit Transformation

- All of us have a mix of good and bad habits.
- Learn how to eliminate bad habits.

6. Breathwork

- Breath is always available. We can use it to get centered and calm.
- Breathwork helps dissolve painful emotions, curb addiction and craving, and convert mental restlessness to peace of mind.

7. Progressive Muscle Relaxation

- Calms the body and mind through tensing and relaxing the muscles.

- Reduces stress, anxiety, fear, panic, depression, insomnia, and fatigue.
- You might also do a body scan, as taught by Jon Kabat-Zinn.

8. Contemplation

- Crack open the shell of a wisdom pearl to release its hidden secrets and soothing healing powers.
- Learn how to *fill your brain with wisdom*.
- Convert such great qualities as compassion and any other healing quality or idea from the surface superficiality of mere words to feeling, experience, and action.

9. Meditation

- Right now, there is a place inside of us that is absolutely still and serene, but our mental restlessness bars us from entering. Meditation is the solution to this problem.
- When we learn how to meditate, we learn how to slow down the mind, replace negative with positive thought, and eventually get into the room of stillness.
- The experience of peace in the room of stillness surpasses understanding. Here you will find unfathomable beauty, joy, compassion, light, energy, power, elation, and ecstasy.
- In meditation: negative → positive → stillness → higher consciousness → infinity.
- Learn how to meditate. Experience deep healing in the room of stillness. This doctor charges no fee.

10. Prayer

- Communion with your higher self or Higher Power.
- Dimensions of prayer: oneness, humility, individuality, stillness, concentration, visualization, devotion, will power, awareness, acceptance, and peace.

11. Mindfulness

- Mindfulness is paying attention in the here and now to one moment at a time.
- Learn how to stay in the present and ride the pain waves just as they are, without adding unnecessary reactivity.

12. Presence of God

- This is the same as mindfulness for those who have a personal relationship with God.
- Make contact and get a response.

13. Service

- In service to humanity, we discover who we really are and what really helps.
- It is not what you do but how you do it. Add love to every action.
- The way is small acts of gentle humble service without attachment to outcomes.
- When we help others, we help ourselves. Healing power grows. We evolve.

14. Yoga

- Four practices:
 1. Love: Bhakti Yoga
 2. Service: Karma Yoga
 3. Wisdom: Jnana Yoga
 4. Stillness: Raja Yoga
- The science of yoga teaches us to still the waves of mental restlessness, excessive material desire, and emotional reactivity in both meditation and activity.

15. Transformation of Emotion

- Painful emotions are a part of the normal, natural, intelligent healing process.
- When we learn how to process emotion into self-knowledge, we gain strength and peace.
- Learn how to:
 - a. Let the pain story unfold.
 - b. Spiritualize the story: infuse the pain story with healing qualities.

Locus of Control

- If you spend most of your time in methods 1-3, your locus of control is primarily outside. Most of us start here.
- When life presents overwhelming problems, it is often necessary to do some inner work. As you begin to practice methods 4-15, healing qualities such as courage, strength, and peace slowly grow. As the qualities grow, your locus of control gradually shifts to your inner self. You become less dependent on the outer world of people, activities, events, and material things when you find inner peace, security, and contentment.
- When we learn how to balance external and internal practices, we become more skillful pain managers. Healing qualities expand. We evolve at maximum speed. At mastery, when your locus of control is deeply rooted inside, you will be even-minded under all conditions. For most of us, even-mindedness under all conditions is an affirmation, not a reality. On the way there, we can have fun with the challenge.
- In the next section, you will learn how to practice PMQ or roll the universal healing wheel.

Roll the Universal Healing Wheel

- Now that you have completed your review of pain, methods, and qualities, you are ready to practice PMQ. This is called rolling the universal healing wheel.
- To evolve, all you have to do is find a problem, practice a method, and cultivate a quality.

- Problem (P)
 - Find a problem you would like to work on.
 - This can be any problem: physical, mental, emotional, interpersonal, or spiritual.
 - It can be any size: tiny, small, medium, large, or huge.
- Quality (Q)
 - Go to the list of one hundred healing qualities.
 - Pick one or a combination of qualities you need right now to help you with your problem.
- Method (M)
 - Pick one or a combination of methods that will help you grow that quality.
- Here is a sample of PMQs

Problem	Method	Quality
Any problem of body, mind, or spirit	15 methods	100 qualities
Lonely	People: meet a friend	Joy
Bored	Activity: volunteer	Generosity
Loss	Belief system: go to church or AA meeting	Community
Physical illness	Affirmation	Acceptance
Addiction	Habit transformation	Contentment
Fatigue	Progressive muscle relaxation	Energy
Anxious	Breathwork	Peace
Confusion	Contemplation	Wisdom
Restless	Meditation	Even-mindedness

Fear	Prayer	Courage
Irritable	Mindfulness	Patience
Judgmental	Practicing the presence of God	Unconditional love
Guilt	Service	Forgiveness
Worry	Yoga	Harmony
Anger	Transformation of emotion	Understanding

- Here is a simple technique you can use for any pain or problem. You can use this technique whether you are an atheistic, agnostic, spiritual, or religious person.
- When you realize you have gone for a ride on the train of thought and you want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Problem
 5. Method
 6. Quality
 7. Traction device (optional)

Roll the Wheel Without a Traction Device

- An ethical humanist with an anxiety disorder might want to use meditation to cultivate peace. The PMQ would be anxiety, meditation, peace. There would be no welcome theological traction devices.

- When you realize you have gone for a ride on the anxiety train and want to get off the train:
 1. Stop
 2. Breathe
 3. Present moment
 4. Anxiety
 5. Meditation
 6. Peace

Roll the Wheel with a Traction Device

- A Buddhist with an anxiety disorder might want to meditate with the Buddha and focus on compassion.
- The PMQ would be the same: anxiety, meditation, peace.
- With the addition of the compassionate Buddha as the traction device, the meditation would have more power.
- A Christian might visualize Jesus and the God of love during his or her meditation.
- A Hindu might add Krishna and even-mindedness under all conditions.
- With the addition of these traction devices, individuals may find more comfort and solace.

When you realize you have gone for a ride on the anxiety train and you want to get off the train:

1. Stop
2. Breathe
3. Present moment
4. Anxiety
5. Meditation
6. Peace

7. Traction device: add the Compassionate Buddha, even-minded Krishna, or Jesus and the God of love to your meditation.
- Choose your PMQ
 - Now, gently bring the quality and method to the pain. Everything is done gently.
 - Focus on the method and quality, not the pain.
 - Practice your method and quality for a day, a week, or longer.
 - Read about that quality.
 - Think about it.
 - Discuss it.
 - Contemplate it.
 - Affirm it.
 - Breathe it.
 - Feel it.
 - Visualize it.
 - Concentrate on it.
 - Permeate your being with it.
 - Invoke powerful memories about it.
 - Create from it.
 - Make it your faithful guide and companion.
 - Write your experience.
 - Share in a group or with a friend.

 - The universal healing wheel works for any problem: tiny, small, medium, large, or huge. The dynamics are the same.

- Choose any problem and match it to a method and quality. Practice the method, and cultivate the quality in response to the pain. The quality is more powerful than the painful problem. As it slowly grows, it will contain, reduce, or eliminate your pain.
- We must still deal with the inevitable suffering of life. But now there is less reactivity and more strength and peace. This is skillful pain management by rolling the universal healing wheel.
- With any pain or problem, fifteen methods, and one hundred qualities to choose from, the Universal Healing Wheel offers unlimited creative potential. It is like a palette of colors. You paint your own picture.
- By changing the method and quality from moment to moment pending circumstance, there can be one continuous sacred ritual. For example, we can practice meditation in the morning and evening and mindfulness, breathwork, or affirmations during the day.
- When you practice PMQ, change occurs in four stages.

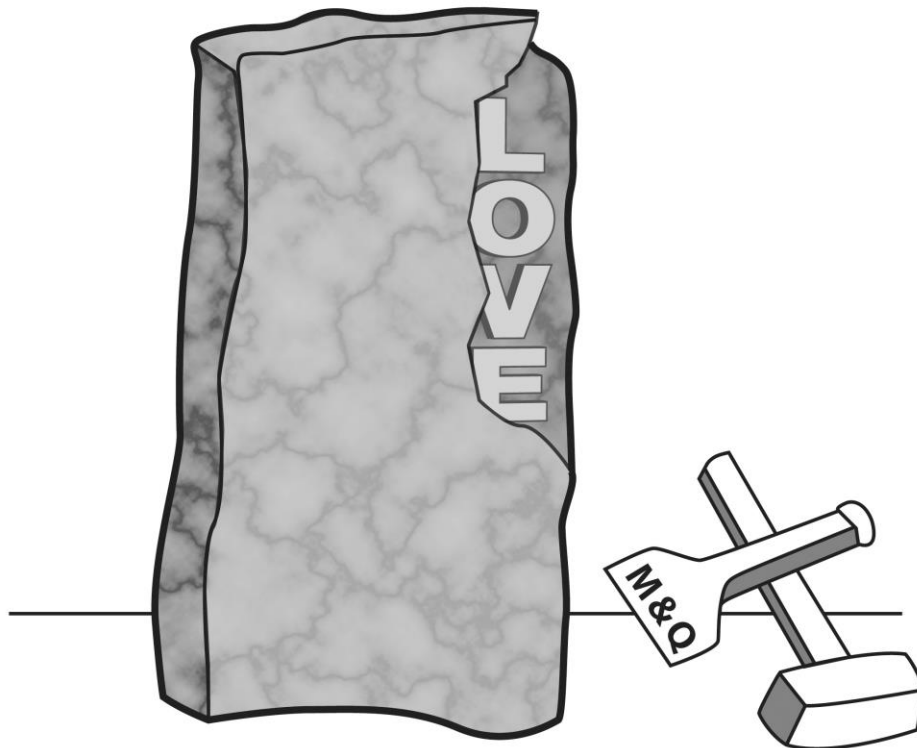
Change Occurs in Four Stages

When We Roll the Wheel, Change Occurs in Four Stages

- Stage 1: *No change is noticeable*: We do the work and nothing happens. The qualities are growing, but the increase is subtle and imperceptible. Many people quit here, as they are looking for immediate gratification and are not prepared for work, struggle, and discipline. Don't put a schedule on this stage. If we do—and our expectations are not met—we may become discouraged and give up our quest.
- Stage 2: *We feel better and become better people*: There is a tangible experience of ever-increasing peace, love, strength, courage, compassion, and the other love-qualities.
- Stage 3: *Supersconscious experience*: Love qualities inflate by nature. At some point, they cannot contain themselves. They break into supersconscious states that defy description. Words are only signposts. We have to go there. When we reach an expanded supersconscious state, we know it, experience it, and feel it. These experiences last for a few minutes or hours to several days. But there is inevitably a return to ordinary consciousness. Back to school. Back to work.
- Stage 4: *Mastery*: A sustained state of supersconsciousness reserved for masters. This is a very advanced stage and requires decades if not lifetimes of discipline. For a more detailed description of this stage, see *Healing Power Revised* p. 88 and pp. 134–135. Alternatively, you can study the lives of Jesus, Buddha, Krishna, Rumi, or any God-realized master.

- Practice PMQ. Chisel away what does not belong. Deconstruct to reconstruct. Bring out the love you already are.

A Block of Marble and the Chisel of Wisdom



Points to Remember

- PMQ is the final common denominator and cannot be reduced any further. It is necessary and sufficient. We have to have problem, method, and quality to heal.
- PMQ is universal. Anyone can do PMQ. You can be atheist, agnostic, religious, or spiritual and practice PMQ.

- PMQ is cognitive behavioral therapy in which one shifts from a negative painful problem to a positive healing quality. For some people, this is enough. Others need traction devices.
- Traction devices for the wheel allow those who are interested to add anything from the stuff of religion that gives inspiration or traction: the God of love, grace, Jesus, Krishna, karma and reincarnation, and so forth.
- The wheel with traction devices allows us to capture the power of religion and bring it to healthcare safely, efficiently, and effectively.
- The stuff of religion that can create such consternation and enmity is offered as a cafeteria of options with the following provisos: one person's traction device is the next person's gag reflex, nuke offensive language and substitute your own, stay in your own lane, reform yourself and not others, and take what you need and leave the rest.
- The wheel with traction devices solves the problem of toxic language and traumatic religious history, as PMQ has no theology and you control the traction devices.
- The wheel with traction devices is not invasive, threatening, or noxious. We can choose from any pain or problem, fifteen methods, one hundred healing qualities, and any traction device. With this many options, we can find a way to avoid those problems, methods, qualities, and traction devices that are offensive, invasive, and act as triggers, and work with those that are easier to take at the time.
- The number or type of traction devices we use doesn't matter. We can have none, a few, or full-on religion. What *does* matter is love. If a traction device leads to more love, it is good. If not, why use it?
- The universal healing wheel with traction devices is a major find. It reduces complicated, controversial religion to a simplified practical spirituality. It is the essence of and link to all religions. It is the $e = mc^2$ of psychosocial and spiritual healing. It is the unifying theory, what actually works, the Holy Grail. It seems too simple to be true, but this simplicity is its elegance; it has the essential building blocks for healing and the add-ons from the stuff of religion. The wheel with traction devices is the total package.
- Here are the steps followed in constructing this model:
 1. Deconstruct religion into discrete pieces.

2. Eliminate dogma, ritual, and other nonessentials.
 3. Extract the essential healing principle = love = healing qualities.
- All you need is love and a way to make it grow. The wheel with or without traction devices answers that call.
 - Roll the wheel with or without traction devices. Love grows until it is unconditional.
 - Love is the centerpiece of religion. Everything else is a traction device.
 - Spirituality = love = healing qualities and higher states of consciousness.
 - We must have PMQ for full recovery and deep healing. When we roll the wheel, we evolve. We become love itself.

What We Like Most About Adding Spirituality to Our Work

- It lights a fire of hope and possibility under traditional medical practice.
- It allows us to function under the umbrella of a great idea: bringing the wisdom of the ages to healthcare.
- It offers a boatload of additional healing tools for staff, patients, and clients who can take it as far as they wish.
- It improves healthcare outcomes.
- It gives the practice of medicine a story and a soul.

Staging Disease and Recovery

For Low-Income Persons with Chronic Severe Illness

SPIN □ FLOAT □ INTEGRATE □ LIBERATE

- We understand psychosocial and spiritual recovery and healing is not for everyone. Some are unable or not interested. We respect people's decisions to engage or not. With this in mind, we

present below a way to stage disease and recovery.

- SPIN. This is high acuity requiring multiple visits to the emergency room, hospital, and clinics. Those in the spin zone have one or more of the following: active physical illness, mental illness, addiction, low or no income, unemployment, and homelessness. These individuals often spin among the hospital, jail, and street. They may be a danger to self or others.
- FLOAT. With medication, housing, and financial support, mental illness, physical illness, and substance use improve. Symptoms if present are more manageable. People isolate in their rooms, watch TV, smoke, hang out, and wander aimlessly. There may be some social contact but little or no connection to meaningful social, recreational, vocational, or spiritual activity. There is often no meaning and purpose.
- INTEGRATE. This is community integration involving people, activities, and belief systems. People get their social, recreational, vocational, and spiritual lives back.
- LIBERATE: Integrating higher states of consciousness with good mental health.
- SPIN □ FLOAT □ INTEGRATE □ LIBERATE: To move from spin to float to integrate, we need positive action on the horizontal axis of people, activities, and belief system. For deepest healing and liberation, we may need to move from fixed to opened belief systems, and add vertical axis healing options including meditation and self-knowledge. This requires managing that gap between fixed and opened belief systems where even a little anxiety is perceived as the uninvited guest in the living room.
- STAGING RECOVERY USING THE FIFTEEN METHODS: There are fifteen methods: three on the external horizontal axis and twelve on the internal vertical axis. Some will choose none of these. Others will apply all fifteen. An example of a way to stage recovery using the fifteen methods follows.

STAGING RECOVERY USING THE FIFTEEN METHODS

The Methods

Horizontal axis: external work

1. People
2. Activities
3. Belief systems

Vertical axis: internal work

4. Affirmations
5. Habit transformation
6. Progressive muscle relaxation
7. Breathwork
8. Contemplation
9. Meditation
10. Prayer
11. Mindfulness
12. Practicing the presence of God
13. Service
14. Yoga
15. Transformation of emotion

LEVEL 1: No options. This individual chooses none of the fifteen methods. There is an inability or lack of motivation for community integration. Some people are overwhelmed by stimulation and need to stay alone to remain stable. Others may lack initiative or energy. The illness may be too acute. There may be too much pain. This individual will remain in spin and float.

LEVEL 2: People and activities. This individual chooses people and activities. There is social and recreational recovery but an inability to engage in cognitive-behavioral work (belief systems) or vocational recovery. This person profits from day programs and drop-in centers.

LEVEL 3: People, activities, and belief systems. This individual engages with people and activities and has a belief system: traditional religion, 12-step program, or other healing models. This includes social, vocational, recreational, and spiritual recovery. This individual remains primarily on the

horizontal axis and has an external locus of control.

LEVEL 4: People, activities, and belief systems with any one or combination of vertical axis options. There may be a need to move from a fixed to an opened belief system. The locus of control begins to shift from outside to inside.

LEVEL 5: As with Level 4 but add transformation of emotion and meditation, the two most difficult and advanced vertical axis techniques. With the addition of these two powerful digging tools, one can remove all traces of negativity, leading to the recovery of the higher self and Higher Power as the *unlimited* peace, joy, love, and safety we crave. The locus of control is primarily inside. There is an expansion to higher states of consciousness, sometimes referred to as liberation or enlightenment.

Guidelines for Groups and Classes

Next you will find the guidelines we use for groups and classes. These guidelines help us accomplish the goal of having entertaining discussions rather than destructive debates.

These guidelines are designed to take the air out of the sails of those who want to argue and convert. If people don't want to follow these guidelines, the model and group are not for them and they are invited to pursue other meetings with like-minded people who will support them in their system of thought.

- Please review the following guidelines. If we follow these suggestions, we can extract the essential healing principle from religion and apply it to healthcare safely, efficiently, and effectively.
- We use these guidelines for groups and classes. They work. We have enjoyable, educational discussions without getting into destructive debate.
- The model is a composite of universal healing principles from the great wisdom traditions.
- It does not push religion. It does try to equip persons of all persuasions with the essential healing principle embedded within religion.

- We do not promote a particular religion. We do promote your individual approach to spirituality. We have respect and tolerance for the great variety of ways to understand and practice spirituality.
- The model is for any person: atheist, agnostic, spiritual, or religious.
- The model is for any problem: physical, mental, emotional, interpersonal, or spiritual.
- The methods can be practiced anywhere and anytime—at home, at work, or at play.
- There is a cafeteria of options. You can add these options to your current belief system or build your own program.
- Take what you need and leave the rest.
- The term Higher Power is used to describe the God of your understanding, our higher self, higher states of consciousness, or your higher meaning and purpose.
- One person's traction device is the next person's gag reflex. Don't let language stop you. For some people, even the word spirituality is a problem. Nuke offensive language and substitute your own. For example, you might substitute Higher Power for God, higher self for soul, healing qualities for spiritual qualities, or cognitive behavioral practice for spiritual practice.
- Some chapters in this book speak to those who believe in a God of love. Other chapters are more universal. If you don't believe in God, let alone God as love, substitute with words like spiritual qualities, healing qualities, qualities, The Tao, The Way, The Great Spirit, Creator, compassion, or any other term that gives you traction. The universal goal is to become a more skillful pain manager, expand healing power, and evolve. As you proceed, use whatever term is most acceptable to you.
- Stay in your own lane.
- Reform yourself and not others. We are not here to change others. We are here to change ourselves.
- We do not proselytize (convert others to our point of view).
- We engage in discussion without debate.
- We are here to listen and share, learn and grow, study and practice.

- Although active participation is encouraged, it is perfectly okay to remain silent throughout the meeting.
- During the class, we take turns reading. If you don't wish to read, you are welcome to pass.
- The group lasts sixty minutes. Each person reads a paragraph followed by a discussion and contemplation of the material.
- We avoid giving advice or trying to fix other people's problems. We focus on our personal experience using the spiritual methods for cultivating healing qualities in response to life's problems.
- When we finish the book, we return to the beginning and read it again.
- This is an open group. You can come and go as you please.
- We begin and end each class with a period of silent meditation for two minutes. The best meditation position is with the eyes closed, focused on the point just above and between the eyebrows, feet flat on the floor, hands resting in your lap with palms upward, spine straight, and slightly bent as a bow. You may repeat your focus word, mantra, or a favorite affirmation. You might also just focus on your breath.

Traction Devices and Higher Power Options

- The universal healing wheel is the essential healing principle of any psychosocial or spiritual model. The wheel is universal. It works for persons of any persuasion: atheist, agnostic, religious, or spiritual. For many, PMQ is enough. Others need traction devices for the wheel.
- A traction device is any concept, image, or aspect of a great wisdom tradition that gives inspiration. A few examples are ritual, story, metaphor, parables, Higher Power, mystery, the unknown, God of love, Father, Mother, Friend, Beloved, Omniscience, Omnipotence, Omnipresence, Christ, Krishna, Buddha, Image of God, karma, reincarnation, grace, nature, the collective unconscious, archetypes, the subconscious, reason, traditional worship, sermons, music, art, committee work, and many more.

- Traction devices help us get traction so we do not get stuck when the going gets rough. Healing is work, and traction devices help us do the work. They help us stay in the game when we feel like quitting. Traction devices add more power to the healing equation. They help us manage our pain and heal.
- Traction devices include the stuff of religion and the nature of God. There is great controversy here. Arguments rage within and between religions, and between atheists, agnostics, religious, and spiritual people. The trails of history and current events are populated with tragic stories about confrontations concerning “the one true way.”
- We can do better. We can learn how to talk about these profoundly important principles without getting into trouble. If we do this, we profit greatly. Healing power expands. We become more skillful pain managers. We feel better, become better people, and experience higher states of consciousness.
- Now might be a good time to review *Healing Power Revised* (2010), pp. 78–81, and *Healing Power: The Workbook* (2015), pp.116–127. Here you will find a review of Higher Power options for atheists, agnostics, and spiritual and religious persons. In this work, there are four choices.
 1. Higher self
 2. Higher meaning and purpose
 3. Higher states of consciousness
 4. Higher Power or the God of your understanding: you are encouraged to find those aspects and images of your Higher Power that are comfortable, approachable, and accessible, to install that image in your consciousness, and to use it as a source of continuous guidance and inspiration.

Some key points to remember about traction devices and Higher Power options:

- To climb the mountain of healing qualities and higher states of consciousness, we may need some traction devices.
- *Healing Power* offers traction devices as a cafeteria of options but does not promote specific traction devices. It does promote The Wheel, and you pick the traction devices.
- While other people’s traction devices may be of interest and can satisfy our curiosity, they can become a distraction or a source of dissension, conflict, and fighting.

- When we focus on other people's traction devices, we can inadvertently kindle traumatic religious history and toxic language.
- We don't need to know each other's traction devices. What we do need is the qualities. The qualities will take us to higher states of consciousness. The most important question: Are the qualities growing or not?
- Love is what is there when we boil everything else off. It is the universal truth that links the great teachers and their teachings.
- The answer to the cosmic puzzle is love. Are we in love or something else?
- It doesn't matter how you worship or if you worship. What matters is love.
- Ethical humanists may have more love in their hearts than intensely religious persons and vice versa. Judge by love, not the vehicle. Love is the report card.
- Focus on the wheel. That is what we all have in common.
- You have completed your introduction to Healing Power. If you are interested in going deeper into the principles and practices of the model, feel free to download any or all of the books and workbooks for self-healing and teaching others. I am not concerned with copywrite issues. This material is a composite of the wisdom of the ages from the sages. It is not intended to be owned or operated by any one person.