

Elizabeth Hepburn's

*Better &
Better
Series*

*In The Lap Of Luxury
Guidebook*



The *Better & Better Series* Guide Books contain information designed to support and enhance the experience of the video and audio programs.

In the Lap of Luxury

“Mission Possible” – Feeling Really Good

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it.

Johann Wolfgang von Goethe, Poet/Philosopher

I'm proposing a bold idea with *In The Lap Of Luxury* – that each of us embrace as our life mission “Feeling Good” – really good. – our lives, relationships, families, careers, avocations – everything coming from the context of our feeling good. I contend that this is a state that's possible for us, regardless of life's inherent ups and downs. This earthly journey is a mysterious one, and we all are visited by adversity from time to time. However, these challenging times can truly serve us when we choose to take the high road by honestly facing what's here right now and doing whatever is needed to move through the fire. So let us be bold – let us “dream” of a life of “feeling good”. Let us “Begin it”.

In the Lap of Luxury is a call to arms – your own. Your own wonderful arms embracing yourself, your life, your loved ones and colleagues, our world, our planet. It's a call to commit yourself to feeling good – really good. It's a call to relinquish the relentless search for love outside yourself, and utterly relax into the love and peace ever-dwelling within your own heart.

Ralph Waldo Emerson's quote “The first wealth is health” speaks to the very core of *In the Lap of Luxury*. Though an abundance of riches may be flowing through our lives, experiencing radiant health and well-being is certainly our greatest gift and deserves our daily gratitude. My intention here is that you come to feel absolutely luxurious within your own skin, completely reveling in your delightful wellness. This meditation process is designed to be an ode to our oneness with all of life and a tool for maintaining an ongoing connection to Spirit – the “health and well being” connection – the essential energy that enlivens every cell of us and permeates all space. This connection is magnificently articulated in the following poem by the Indian poet/philosopher Rabindranath Tagore.

*The same stream of life that runs through my veins,
runs through the world and dances in rhythmic measure.
It is the same life that shoots in joy through the dust of the Earth
into numberless blades of grass
and breaks into tumultuous waves of leaves and flowers.
It is the same life that is rocked in the ocean cradle of birth and death, in ebb
and in flow.
I feel my limbs are made glorious by the touch of this world of life,
And my pride is from the life throb of ages dancing in my blood this moment.*

Dr. Deepak Chopra has said that when he gets people to feel the life throb of ages dancing in their blood they are healed. This is the Spirit energy to which I've formerly referred, that beats our hearts and breathes us and pulses unceasingly within us. I experience this life throb of ages within me. And I heartily encourage you to allow this meditation to relax you profoundly so that this wonderful "feeling good" state becomes your norm. Your body is an ever-flowing river of energy, constantly renewing and healing itself.

I originally got this "river of energy" concept from Dr. Chopra who has been one of my heroes for years. He's brought into main stream thought the "quantum healing" data that years before had contributed so mightily to my complete recovery from cancer. The information I received at that time came from ancient spiritual/metaphysical traditions and was imparted to me and thousands of others by a most extraordinary spiritual teacher, another one of my heroes, Hilda Charlton. Hilda taught us many valuable things, but for our purposes here let me state just these three:

- 1) The Universe and everything in it is energy – as solid as some "matter" seems, everything is actually whirling atoms (or subatomic particles) of ever-pulsing energy.
- 2) Our thoughts are "things" – they create energy fields that either uplift our lives or depress them; they are constantly impacting our bodies.
- 3) Disease is literally that – dis-ease – a lack of ease, peace and harmony within us.

Now, Dr. Chopra (along with many other doctors and scientists) is sharing with the world these and numerous other ‘metaphysical’ concepts that currently form the bedrock of scientific thought. In his remarkable book *Quantum Healing* he states the following: "If you could see your body as it really is, you would never see it the same way twice. Ninety-eight percent` of the atoms in your body were not there a year ago. The skeleton that seems so solid was not there three months ago. The configuration of the bone cells remains somewhat constant, but atoms of all kinds pass freely back and forth through the cell walls, and by that means you acquire a new skeleton every three months.

The skin is new every month. You have a new stomach lining every four days, with the actual surface cells that contact food being renewed every five minutes. The cells in the liver turn over very slowly, but new atoms still flow through them, like water in a river course, making a new liver every six weeks. Even within the brain, whose cells are not replaced once they die, the content of carbon, nitrogen, oxygen, and so on is totally different today from a year ago. The beauty of the human body is that it is new every moment. It is not solid and stable like a frozen sculpture. It is mobile and flowing like a river." These powerful concepts continue to be an invaluable source of inspiration to my ongoing sense of well-being.

It seems that a commitment to our own radiant health and well-being would be the most natural thing in the world. Surely we all want to feel good and look great. However, we often fail to recognize the subtle ways in which we sabotage our ongoing good health. Many of us emerge from childhood with memories of the perks of being sick: getting lots of attention for starters; hot tea with lots of milk and toast in bed, or better yet, ice cream on demand; and best of all – no school! As adults we carry these escape-tapes with us and when the stresses of life ensnare us sufficiently, getting a debilitating cold seems downright alluring. TV commercials relentlessly support these tendencies, reminding us for months on end that it's the flu season, and setting us up to play a starring role in that drama. Once the magic potion has been ingested, the flu is portrayed as such a warm, fuzzy event. I don't think so.

Most of us go through life unaware of our power, our potential and the natural state of joy that we were meant to experience.

Dr. Mitchell Gaynor, Oncologist/Author

When we're able to access the peace within and are really loving ourselves and our lives, we won't succumb to the spin of TV commercials. We won't need to get a cold to get out of something or give ourselves a break from an overly stressful schedule. We'll truly honor ourselves and heed the signals telling us to pull the plug, get some extra rest, enjoy a leisurely, delicious meal, put our feet up and really let go. What a concept – giving ourselves renewing “down” time without needing to get sick. You've heard of preventative medicine? Well here it is. It's you. It's awake, conscious you having honed your very own radar system to the point where you're acutely aware of the situations and people that nourish and empower you and those that drain and weaken you. No one controls the atmosphere in and around your body but you. This atmosphere, supportive or debilitating, is dictated by the thoughts we're thinking and the feelings created by those thoughts – how we perceive each and every happening in our lives. We must realize we are always at choice in this regard – not necessarily of the circumstances but always of our perceptions and responses. We feed our bodies nutritious and delicious food and drink, and give them the rest and exercise they need, if we wish them to function optimally. Now, given the undeniable body/mind connection, we must also take full responsibility for nurturing ourselves with positive, upbeat thoughts, attitudes and feelings.

We actually boost our immune systems with loving thoughts. David McClelland, Ph.D. of Harvard Medical School came up with the term the “Mother Teresa effect.” when he demonstrated that the power of love can make the body healthier. Before and after showing a group of students a documentary of Mother Teresa lovingly ministering to the sick, he measured the levels of immunoglobulin A (IgA – an antibody which combats viral infections such as colds) in their saliva. The IgA levels rose significantly even in many of the students who thought Mother Teresa was too religious or a fake. He subsequently discarded the film and simply asked his students to think about times when they felt loved and cared for, and times when they were loving to others. The IgA levels rose again. McClelland says he has aborted colds with this technique. (I have also.) Through research and personal experience, he has become an advocate for the role of love in modern healing.

In the Lap of Luxury is designed to set the stage for an ever-deepening experience of the love and inner peace necessary to sustain you in a state of radiant health and delightful well-being. Starting now, choose a life of **day by day in every way being better and better**. (*Day by day in every way I am getting better and better* is Emile Coue's famous and invaluable phrase. At the beginning of the 20th Century people from all over the world flocked to Nancy, France to be healed by this extraordinary man's ideas and presence.) Decide that “feeling good” is your “raison d’être” and your birthright. Begin living that today. We're here to be as wonderfully healthy and vibrantly alive as possible so that we may enthusiastically make our unique contribution to life on this planet. Begin to absolutely love taking exquisite care of your precious body, magnificent mind and wondrous spirit. Tender loving care and kindness for yourself and others is always the answer.

And here's your life prescription:

Come Home to your Heart

Love - Love - Love

Love yourself – Love people - Love your life – Love and respect all of life

Feed your mind positive, inspiring thoughts, books, movies, TV, people

Feed your body nutritious and delicious food and drink

Be sensitive to all its needs

Feel and express gratitude and appreciation daily

Develop a delightful balance of work and play

Breathe deeply often and sigh/smile out that exhale, releasing any tensions

Relax and rest often – Smile and laugh a lot

Marvel at the glories of nature – Let breezes caress you

Generously share yourself and your unique gifts

And

**Always remember and trust the innate healing wisdom that pulses through
your body every second – day and night.**

Repeat daily – 20 times upon awakening and 20 times before sleep

Day by day in every way I am getting better and better.

My most profound gratitude to Eric Brown for producing

The Better & Better Series,

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Recommended Reading

***Anatomy of an Illness* by Norman Cousins, Bantam Books, 1540 Broadway, New York, NY 10036, Copyright © by W. W. Norton & Co., 500 Fifth Ave., New York, NY 10110**

***Healing Essence* by Mitchell Gaynor, M. D., Kadansha America, Inc., 114 Fifth Ave., New York, NY 10011, Copyright © 1995 by Dr. Mitchell L. Gaynor**

***Healing Words* by Larry Dossey, M. D., HarperCollins Publishers, 10 E. 53rd St., New York, NY 10022, Copyright © 1993 by Dr. Larry Dossey**

***How to Practice Suggestion and Autosuggestion (1923)* by Emile Coué, Kessinger Publishing, PO Box 1404, Whitefish, MT 59937, www.kessinger.net**

***Most Of All They Taught Me Happiness* by Robert Muller, Doubleday & Company, Copyright © 1978 by Robert Muller, Available at www.Amazon.com**

***Preparation for Surgery* by Peggy Huddleston, Angel River Press, Box 1038, Cambridge, MA 02140-0009, Copyright © 1996 by Peggy Huddleston**

***Quantum Healing* by Deepak Chopra, M. D., A Bantam Book, 1540 Broadway, New York, NY 10036, Copyright © 1989 by Dr. Deepak Chopra**

***Self Mastery Through Conscious Autosuggestion (1922)* by Emile Coué, Kessinger Publishing, PO Box 1404, Whitefish, MT 59937, www.kessinger.net**

***The Healing Heart* by Norman Cousins, W. W. Norton & Company, 500 Fifth Avenue, New York, NY 10110, Copyright © 1983 by Norman Cousins**

***The Isaiah Effect* by Greg Bradden, Three Rivers Press - Three Rivers Press colophon is a trademark of Random House, Inc., www.randomhouse.com, Copyright © 2000 by Greg Bradden**

"The first wealth is health."

Emerson

creativeentertainmentinc.com

elizabethhepburn.com

benbryant.com