

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 health care 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 section, 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: defensive, paranoid, proud, rigid, judgmental, greedy, 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 reduce reactivity we have less pain, and we are better at managing the pain we cannot eliminate.
- Following are some important points about healing qualities.

The Qualities

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 health care 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, complimentary, 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 which 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.

- Following is a brief introduction to the fifteen recommended 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	

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 system

- 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, there are twelve additional methods you can use 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 compliment 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 wisdom pearls.

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

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

- Reduce stress, anxiety, fear, panic, depression, insomnia, and fatigue.
- You might also do a body scan.

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, peace, and strength 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.

How To Use The Universal Healing Wheel

- When you practice PMQ:
 1. Healing power expands.
 2. You become a more skillful pain manager.
 3. You evolve.
 - a. You feel better.
 - b. Become a better person.
 - c. Experience higher states of consciousness.

Roll the Wheel

When you find yourself immersed in unnecessary reactivity, you can roll the wheel or practice PMQ. Find a problem, choose a method, and cultivate a quality.

1. Stop
2. Breathe
3. Present moment
4. (P) Pain or problem: Realize mindfully that you are in a reaction. Notice what is there. Are you anxious, bored, tired, or angry?
5. (M) Method: Choose any one or combination of fifteen methods: breathwork, affirmations, meditation, and more.
6. (Q) Quality: Cultivate any one or a combination of one hundred qualities, such as peace, compassion, understanding, and forgiveness.

IN RESPONSE TO YOUR PAIN:

- Practice any one or combination of 15 methods.
- Cultivate any one or combination of healing qualities.
- Focus on the method and quality, not the pain.
- There is slow but sure growth of the qualities.
- We must still deal with the inevitable suffering of life.
- But now there is less reactivity and more peace of mind.
- This is skillful pain management by rolling the universal healing wheel.

EXERCISE

1. Choose your PMQ
 - P: Find a problem you would like to work on. This can be any problem: physical, mental, emotional, interpersonal, or spiritual. You can do this as an individual or with your counselor, mentor, teacher, or group.

- Q: Go to the list of 100 healing qualities. Pick one or a combination of qualities you need right now to help you with your problem.
- M: Pick one or a combination of methods that will help you grow that quality.
- Following are a few PMQ examples.

The Universal Healing Wheel

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

- Choose your PMQ
 - Practice cultivating your quality for a day, a week, or longer.
 - Read about that quality.
 - Discuss it.
 - Affirm it.
 - Breathe it.
 - Visualize it.
 - Concentrate on it.
 - Permeate your being with it.
 - Create from it.
 - Make it your faithful guide and companion.
 - Write your experience.
 - Share in a group or with a friend.
- CREATIVE POTENTIAL: With any pain or problem, 15 methods, and 100 qualities to choose from, the Universal Healing Wheel offers unlimited creative potential. It is like a palette of colors. You paint your own picture.
 - CONTINUOUS PRACTICE: By changing the method and quality from moment to moment pending circumstance, there can be one continuous sacred ritual. For example, we can practice mindfulness, breathwork, or affirmations during the day and meditation in the morning and evening.

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: *Superconscious experience*: Love qualities inflate by nature. At some point, they cannot contain themselves. They break into superconscious states that defy description. Words are only signposts. We have to go there. When we reach an expanded superconscious 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 superconsciousness 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. 134–35. Alternatively, you can study the lives of Jesus, Buddha, Krishna, Rumi, or any God-realized master.