

What Is Innate Health and Does It Have Anything to Do with Feeling Good?

In the past, I thought that *innate health* or *resiliency* (two ways of expressing the same concept) was a personal or individual characteristic intrinsic to all human beings. This was only after I learned that it existed at all. Before that, it didn't even register as being relevant to me. In fact, the notion of innate health was as fantastical to me as fairies or garden gnomes (no offence intended to those who are believers!).

As I gradually learned more about the workings of the Mind, I have come to appreciate that what exists within me as a constant, must exist as a constant in the universe as well. The implication of this is that resiliency or mental health is part of *all* life – not just part of each one of us as individuals. By virtue of being alive, we are all blessed to be recipients of this offering. It is genetically encoded into the blueprint of the universe.

This week I read a powerful essay by Lord Jonathan Sacks – the previous Chief Rabbi of the United Kingdom, author of over thirty books and the recipient of the 2016 Templeton Prize – which beautifully expressed this idea. Lord Sacks writes that after a lecture he gave a number of years ago at Cambridge University, he was handed a book by Sir Martin Rees (now Baron Rees), President of the Royal Society, winner of the 2011 Templeton prize, and widely regarded as Britain's most distinguished scientist.

The book, *Just Six Numbers – the deep forces that shape the universe*, explains how the universe is shaped by six mathematical constants which, had they varied by a millionth or trillionth degree, would have resulted in no universe or at least no life. In Lord Sacks' words: "Had the force of gravity been slightly different, for example, the universe would have expanded or imploded in such a way as to preclude the formation of the stars and planets. Had nuclear efficiency been slightly

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lower the cosmos would consist only of hydrogen; no life would have emerged. Had it been slightly higher, there would have been rapid stellar evolution and decay, again leaving no time for life to emerge.”

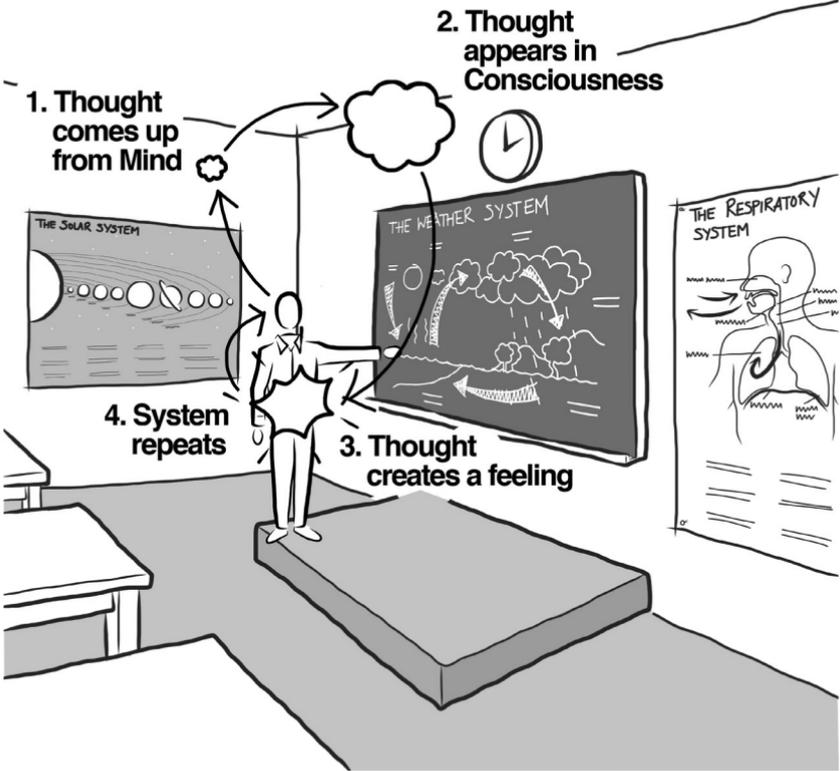
Lord Sacks proceeds to explain how, in the Bible, there is incredible attention given to the precise dimensions and workings regarding the construction of the Tabernacle (the portable structure that was a centre of worship for the Jewish people in the period after their exodus from Egypt). Lord Sacks further points out that the Tabernacle was a microcosm of the world God made. “It was meant to signal, powerfully and palpably, that God exists throughout the cosmos; a man-made structure to mirror and focus attention on the divinely-created universe.” What existed in the Tabernacle existed in the world.

This brings me back to resilience or innate health. The “resilience coding” is inherent within me and it is also inherent within all individuals, families, schools, communities, institutions and governments. And, wait for it, this coding is also inherent within the world. What makes a resilient individual is the same coding that makes a resilient world. It is not personal. It is a constant.

The false barriers we erect that betray or make this coding feel like the property of the lucky few, will be the same barriers that schools, institutions, society and countries erect. Fear, confusion, anger, discord, conflict and insecurity are borne of the same fabric – whether you are little me or big old Russia. They are borne of Thought but are erroneously and dangerously attributed to outside factors. (For me, that appears in the form of the work-life balance and public speaking. For Russia, that most likely looks like Ukraine or the USA, though you would have to ask Russia to be sure as I am no expert on this topic.)

Innate health does not mean we feel good all the time. In fact, it has nothing to do with how we feel. It is not about a particular feeling. It is not contingent on feelings. Feelings come and go as our thinking changes. But how our system operates does not change. It is a constant – something that is always there.

Me and Thought, you and Thought, the world and Thought. Nothing else can squeeze in and affect us psychologically. This is a spiritual and scientific fact.



The Innate Health / Resiliency System

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Like Sir Martin Rees discovered, the implications of this understanding is for the world, not just for us as individuals. This is a truth of a deeper nature than existing theories or philosophies about the mind. So these implications are enormous if seen. And potentially catastrophic if not.

But there is always hope, because something that is constant works whether we are aware of it or not. No person is excluded from the blessings of that which is constant. Ultimately, all it takes is an opening of our hearts and minds to see what is already there.

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