



Escaping the Chrysalis: Introduction to Gestalt Techniques for Self-Esteem Transformation by Jan Deelstra

When editor, Norman Cousins, was diagnosed with a life threatening disease, he quickly grew suspicious of the healing abilities of western medicine. Cousins checked himself out of the hospital and into a hotel room where he watched non-stop Charlie Chaplin movies, and effectively laughed himself into remission. Rather than ignore his intuitive answers, Cousins heeded his own internal voice of advice for the best remedy to his malady. He was effectively healed by happiness. “Laughter,” it turns out, may really be “the best medicine,” when united with intuitive thoughts promoting health. State of mind is the cause that affects the state of physical health, and Cousins’ story¹ is further proof in the growing mountain of verifications of a mind-body-spirit connection.

Anyone who doubts the mind-body-spirit connection need only experience pain to be a believer in how emotions affect the body. What is pain, if not the physical manifestation of emotion? And concurrently, what is emotion, if not the expression of physical stimuli? Acknowledging this mind-body-spirit connection, and cultivating the tender shoots of the whole self while perfecting the rare art of total self-trust are the clarifying ingredients that open the way to improve the entire state of being. This isn’t just for those suffering a disease. Persons with reasonable health can enhance strength and stamina, intelligence, and awareness, and experience an enhanced lifestyle simply by placing attention onto behaviors and activities with thought focused consistently on *wellness*. Dependent on the direction, thoughts absolutely control whole wellness, or lack of. Moreover, physically manifested changes, whether attributed to disease or to wellbeing are externally noticeable when internal shifts occur.

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¹ *Anatomy of an Illness* by Norman Cousins ISBN 0-553-34365-3.