

The way of SCD

The way of SCD can be a path that leads you to a completely new place from where you are now. And it could be a different place you would expect or even imagine at this point in time. It happened to me. Not that SCD has changed who I am. What I mean is, some of my abilities, traits and attitudes were in control. I would have categorized myself as someone who thinks that life “happens to them”. I prefer this definition to the word “victim”. Either way, I always felt that I don't have much of a say in life and things just happen outside of my control. Recently I lamented that I have learned so much but nobody gives me the opportunity to use my skills and nobody appreciates what I am capable of etc. Beyond that I felt it was a great injustice that it was me who became sick with an “incurable” illness. And I am getting on years so I started thinking what have I accomplished in life and whether it was all worth it. I was not fond of myself. I did not see many reasons why I should. I acted so cruelly towards myself not realizing the ramifications.

I will go on a slight tangent here so everything makes a bit more sense. In one of the other videos Marky mentions Rudiger Dahlke who says: “Illness has the power to bring a person on the right path.” And that is exactly right. When we realize that an illness or what we in the western culture understand as illness is a signal from our body that it cannot cope with current state of things. In other words, how we nurture it or how we think of it. Usually it's both. Body lets us know that the conditions we force ourselves into are not good. Unfortunately the mass hypnosis makes it hard for us to discern these signals. Which brings us to our inability to act timely and make the necessary changes.

What can be done? First of all, we need to make time for ourselves. If we are constantly occupied with our jobs in the so called “Rat Race” as Robert Kiosaki puts it, we are like a full receptacle into which nothing more can be put. This state does not allow us to take a step back and evaluate the situation but most of all it disallows us to think of a solution for ourselves. We cannot pour anything new into a full glass...

That is why we need to stop pouring and try to empty a bit. You don't have to start meditating immediately. Just take a few days off. Try to find uninterrupted solitude. Two, three days to sort your thoughts out and let the inspiration come in. Sometimes it can be the illness which forces this on you with bed rest. But it is NOT necessary to wait until this moment...

Coming back to the original point. Today, I am grateful for my UC. It put me into a situation where I had to stop. I stopped and looked at my life with different eyes, from a distance. In that moment new information started streaming into my mind. That situation not only made me look for new solutions of my health issues, but it also made me realize that the way I live my life does not make sense. I saw my efforts, pressure, fears and stress. I knew that I want to be healthy but also I am hurting my body every single day. The stream of new information became stronger because I created space for it. I emptied that glass... The new information made sense and came from people who made a new path, different and more interesting from mine, seem possible. Now I would like to mention that all my life I have been very open and always suspected that things may not be as they seem. I grew up in very standard circumstances, I learned all the programs and got hypnotized by media and my environment and nothing seemed wrong. Everybody lives like this, so it must be fine...

Now an entirely new world has opened up before me. In fact, it's not even new, it has been here since the dawn of time, but only now I can see it. Or to be fair peek at it... It was also clear that this path leads in one direction only. But that is all right. One does not want to go back once they are on this path. I discovered SCD and with it the possibility of curing my illness. I came upon a crossroad and I could make a choice. Beautiful. I didn't need to keep going downhill. I chose a path that goes upwards where instead of conditions worsening they are improving. With Marky we say that SCD will probably show you a brand new perspective on the world around you. And it's not just that you start nurturing

your body and give it multitude of starters of positive chemical reactions in the brain. You will inevitably love yourself more once you make that hard decision to do something for yourself. You will appreciate yourself more and you will notice your positive qualities. And you will not only see them, you will start using them because your self esteem grows in tandem.

I lived through it and I still do. Every day. My life stopped happening to me... I am no victim anymore... I became its maker. :)

I purposefully make my life. I know why and I know how. I understand now, that everything is up to me. And things are happening... It's becoming a ride that life was always meant to be, and why we are here. With Marky we consider SCD a new chapter in life. New story that we started to tell... Maybe this part seems a bit sappy but try listening to this in half a year or a year. Maybe then it will resonate a bit more. I'm sure of it. Maybe you get it even now. But that does not really matter. The important part is, that you are on the path now and things can only be better. We know because we have been walking for some time and we are enjoying it to this day. It's truly incredible.